



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 to you all,

It is surprising how quickly the time for the next Newsletter comes around, or may be it is just showing my age. What it has been good to notice over recent months is the number of Student Physio's who have been supporting the duty Physio on Monday and Thursday evenings. It certainly augers well for the future.

You may have also noticed that we have three new Qualified Physio's leading the exercise programmes. They are Shane (who is also training to be a doctor) Nichole and Christine, and we wish them well, and thank them for giving up their time to help us.

Also, since our last newsletter, two new members have joined our club. They are Les Dobson and Chris Main; so a very warm welcome to you both.

Probably the most exciting thing over recent months is the time that quite a number of members have given, standing in the Kaikorai Valley "Z" petrol station encouraging patrons to vote for "The Phoenix Club" during the month of May. There were two days during that month that we had representatives giving of their time. A very sincere 'Thank you to all who participated'.

On the Monday 25th June, Lorraine Grenfell and myself were invited to a restaurant in Roslyn where we patiently waited along with some 20 odd other hopeful representatives from the other participants, to find out whether we

had been fortunate or not, in our quest to receive some funds from “*The “Z” Good in the Hood*” competition. There were four Z Petrol Stations involved, Mosgiel, Green Island, Andersons Bay Road and Kaikorai Valley. To our great joy we received \$1,181-00 as our share.

Our sincere thanks to Shell Petrol “Z” for their generosity. This sum will be added to the amount being set aside for presentation to the Ted Nye Fund (held by the University on our behalf) at our 50th Celebration on 3rd November 2018. Remember this function will be held in the *Chisholm Park Golf Club Rooms* and the cost has been set at \$35 a head plus pay for your own drinks. The 50th Anniversary Booklet is underway and should prove to be interesting. It’s surprising what can be found in the old records.

We have also had some sad news from Laurie Parker, who is still recuperating from his knee surgery. He has written to Secretary Jenni informing us that we will not be able to rely on using the Tainui Bowling & Crochet Club building for our Annual Meeting in December, because the building is to be demolished (asbestos problems).

Don’t panic, we have been able to obtain the *Meeting Room at the Otago Indoor Bowling Club* for the A.G.M. on 3rd December 2018. It is just on the left of the entrance to the where we went last year. They will also provide the supper. It is a very attractive venue with comfortable seating.

While on the subject of recuperating, you will be pleased to know that Geoff Grenfell and Vic Elliot are recovering well after their surgery, and it was good to see Maurice Langley back after his health scare. We understand Brian Hopewell is still queuing up for his delayed surgery. We trust they will have a speedy return to full health.

Wishing you all the encouragement you need during this cold winter period, and remember exercising not only assists to maintain good health, but also keeps you warm.

Russ Gillions (President)

Winter Energy Payment

Anyone who is eligible for the government’s Winter Energy Payment should already have received their first payment. If you have Internet access you can see the details about how this payment is made by going to the Work and Income website (www.workandincome.govt.nz). Just click on “Winter Energy Payment” under the heading of “Popular Topics”. If you have questions about the payment, you will probably find your answers there. *Dave (Ed)*

Information from Our Secretary



One of our members, Eleanor Flynn, has just moved to Clyde but will continue to come to the gym when she is down in Dunedin visiting family. Eleanor says anyone passing through Clyde would be most welcome to pop in and we are beside the museum opposite the old Post Office. The address is 9 Blyth Street, Clyde (Phone 03-449-2744)

Spreading The Word

If you would like to help spread the word about the Otago Phoenix Club and take some brochures into your Medical Centre, please let me know and I will get some to you to deliver. Looking forward to hearing from you!

Jenni



5 Top Tips on Smoothies

*Jo Arthur gives us this information from
Megabite Online Nutrition Education*

Everybody is making smoothies, or is that juices - or both? Green super-food smoothies are particularly popular with their vibrant green colour and health promoting benefits, but are they really healthy? The following tips will provide you some insight into how to make healthy, delicious, safe smoothies.

Top Tip #1 - Juice or Smoothie? The difference between a juice and a smoothie is due to the processing of the ingredients. A juicer will remove only the juice from the fruits and vegetables leaving the pulp behind, whereas a smoothie incorporates all the fibrous material. Is one better than the other? I believe that smoothies are more versatile, as the pulp is full of insoluble fibre, which is integral to a healthy digestive system. If you do decide to juice, then the pulp left over can be added to muffin, cake and pancake recipes – something I am yet to try, but apparently it works!

Top Tip #2 - Have a good base. For all good smoothies you will need a liquid base, and this often determines the viscosity or thickness of the end product. Do you want your base to be lower in energy, higher in energy, higher in protein or fat, or give an antioxidant hit? Some ideas for a lower energy smoothie are to add water, coconut water or coconut milk as a base. For a

higher energy drink you may want to add dairy products (milk, creams or yoghurts) for the base, with additional fats from coconut cream, coconut fats, or avocados. If you want a protein hit then add protein powder or milk powder to water (with some extra yoghurt), or add some extra seeds (chia, flaxseed, LSA) or eggs or egg albumin for more protein. Any fresh fruits and vegetables will add the much needed vitamin and mineral hit.

Top Tip #3 - Fruits. Most fruits can go into smoothies, but try to choose fresh fruits first. Frozen berries are a great thing to keep in the freezer, as they add a chill to the smoothie and are accessible year round. The good tip is to freeze bananas (with skins removed) in containers or bags as these make perfect additions to any smoothie. Freeze in 1 – 2 person serves otherwise they will all stick together and are impossible to separate. If you don't have any fresh or frozen fruits, try soaking dried fruits such as dates, apricots or raisins. These will swell up and make them easy to blend and give a very smooth texture. Also try freezing lemon, lime and grapefruit juices in ice cube trays, so that you can add flavoured Vitamin C cubes to any smoothie for a zing and chill.

Top Tip #4 - Spices. Adding spices to a smoothie gives it a new taste. Good spices for fruit-based smoothies are mixed spice, cinnamon, curcumin, ginger and all-spice. For the vegetable-based smoothies you may want to add a few chili flakes, or a little salt. Usually, a fruit of some sort is useful to add to the typical green smoothies (such as oranges, lemon juice, or pineapple), as otherwise a vegetable-based smoothie will be quite chunky and maybe a little bland.

Top Tip #5 - Safety. Wash all your edible fruits and vegetables, especially if you are using the skins of the fruits or leaves of vegetables. There is a risk of bacteria and dirt being in the smoothie if you don't wash the skins. This is particularly important for pregnant women and young children with typically lower immunities, who are more susceptible to food-borne illness and cross contamination. Toxic parts of the plants – seeds, rind, leaves of fruits and vegetables should not be eaten (as nature intended). There is a risk of some toxins being consumed if large amounts of the inedible parts of plants are eaten, such as cyanide poisoning from excess consumption of seeds. For more information on smoothies and to get great recipes with complete nutritional breakdowns, visit www.megabitnutrition.com *Jo*

Croquet Day

On Friday 27 April, several of our members met at the Forbury Park Croquet Club for our annual Croquet Day. In previous years (and we have been doing this since 2008) the weather has on occasions, been kind to us, allowing us to play croquet morning and afternoon. This time, we managed fine until lunch time but after our lunch break, the rain had started and we had to pack up. An enjoyable day nevertheless. *Dave (Ed)*



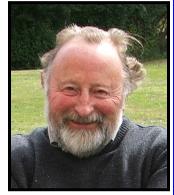
50th Anniversary Celebration History Booklet

As part of our 50th celebration later this year, John Roxborough and I are putting together a mini-history of the club in booklet form. We already have some information from early club members about their experiences with The Otago Phoenix Club but we are keen to hear from other members. So if you would care to pass on your story; things you remember, what it was like when you first joined, how you heard about Phoenix, etc. please let us know. You can email any contribution to me at heartbeat@otagophoenix.nz or hand it to John or myself at the gym on a club night. If you don't have access to email you could post a contribution to me at 3 St Clair Close, Corstorphine, Dunedin 9012.

As a sort of extension of our "Heartbeat" newsletter, we are proposing the title of "50 Years Beating" for the booklet.

Lorraine Grenfell, one of our members on the sub-committee working on celebration matters, would like to make sure the we keep members informed about the date and location of our 50th Celebration so please make a note in your diary or calendar that **The Otago Phoenix Club 50th Anniversary Celebration will be held on November 3rd 2018 at the Chisholm Park Golf Club Rooms**. Please plan to keep the date free so that you can attend. We would like as many members and their partners as possible to be there.

Dave (Ed)





Joke Time from John Young



An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%.

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!' 😄

Two elderly gentlemen from a retirement centre were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.' 😄

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, 'Last night we went out to a new restaurant and it was really great... I would recommend it very highly.'

The other man said, 'What is the name of the restaurant?'

The first man thought and thought and finally said, 'what is the name of that flower you give to someone you love? You know...the one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turned towards the kitchen and yelled, 'Rose, what's the name of that restaurant we went to last night?'

John



What do you call a dinosaur with an extensive vocabulary - A thesaurus

Further to what Russ has already said, Lorraine has supplied the following details about the Z Good in the Hood Campaign...



“Good in the Hood” Charity Campaign

From Lorraine Grenfell

Geoff Grenfell was the Phoenix Club member who put in the successful application which resulted in The Phoenix Club being chosen for the Z “Good in the Hood” campaign and during the month of May, we were successful in raising \$1181.00 for the Ted Nye Fund. The cheque was presented to us at a special function held at Luna Restaurant in Roslyn on Monday June 25th. The photo shows our President Russ and me with the cheque received on behalf of the Phoenix Club.



A very special thanks is expressed by Russ and myself to all the club members who gave their time and help on the 11th May and again on 24th of May to act as Concierges at the Z service station in Kaikorai Valley . This gave us a great opportunity to raise awareness with the Customers and Public about the Phoenix Club and the Ted Nye Fund. Those members involved were Russ Gillions, Jenni Gillions, Lorraine Grenfell, John Simon, John Young, Keith Tricker, Shirley Begg and Peter Borland; and Physio Student Taylor Worthington-Thin. These members did an amazing job and interacted very well with customers and staff. A special thanks and appreciation to Taylor who gave up his time to support us.

Lorraine



Heart attack with a difference

Heart attack (myocardial infarction) information usually mentions a process which includes the following: plaque build-up in the arteries, plaque cracking, clot formation, lack of blood flow down the artery, and death of heart tissue. What if you came into hospital with a heart attack and following angiography were informed that your arteries are clear but you still had a heart attack. How would you feel? What do you do?

With better visualisation of the arteries a new term has been coined. MINOCA; which stands for Myocardial Infarction with Non-Obstructive Coronary Arteries. Providing a label for clinical syndromes is often the first key step in improving the management of these patients. However, the clinical nurse specialist has to scramble to get information together for patients and whanau.

The next step is to identify the cause and unfortunately there are many. Some of the causes include coronary spasm, small vessel disease, plaque disruption, spontaneous coronary thrombosis/emboli (clots), and coronary dissection (splitting of the vessel). Other disorders can include myocarditis (inflammation), Takotsubo (muscle problem) or even non-cardiac causes.

The affected patient needs to have the usual heart attack information and will take the same steps and the same medicines in their recovery. Often though, it is harder to understand and can lead to anxiety and uncertainty. Hopefully more research is being done which will enhance patient management and recovery.

Leanne

A Journey through Alsace, June 2018 - Chris Worth

We didn't know much about Alsace other than it was sandwiched between France and Germany. The brochure photos looked amazing; low hills, endless vineyards and half-timbered houses in medieval villages. We booked.



We flew from Gatwick to Basel (Europort) Airport. France, Germany and Switzerland share Basel airport (also known as Mulhouse in France and Freiburg in Germany). It is a model of European integration. When we arrived we were processed by Swiss immigration, even though Switzerland is not an EU member state and we were not entering Switzerland.

A local bus took us to the railway station. Integration is such that the Basel city (Swiss) trams call at the French railway station as part of the urban network. We caught a train to Colmar, and a taxi to Eguisheim, where we were to pick up our bikes and start our tour.

Eguisheim (pronounced "Eggy-z-hime") is typical of many of the villages we were to come across. The centre of the village is cobbled, and the streets

are narrow lanes and often quite higgledy-piggledy. Eguisheim is also a stork village: nests on impossible roofs and chimney tops, occupied by adults with at least one or two chicks. How a family of four or five large birds move about without knocking each other out of the nest is a mystery.



Stork Nest

Thunder had been rumbling around the Vosges Mountains all morning, and it bucketed down with rain as we explored the village. We took shelter in a terraced bar, and had a drink while it passed over. The next table happened to be occupied by a Tasmanian couple, frequent visitors to Dunedin!

We picked up our bikes from a tiny bike shop, tucked away in a narrow lane, operating out of a window to the street. The bikes were brand new.

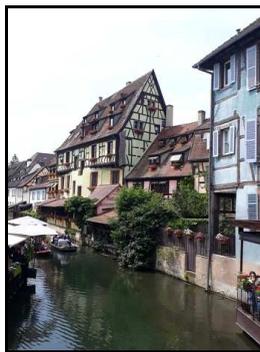
We discovered something about Alsatian cooking at dinner the first night: the meals are big, and delicious. We ate cold, creamy white asparagus soup, followed by “fluffy” chicken with risotto and vegetables, and dessert. The hotel breakfast next morning included complimentary “cremant,” local bubbly. We realized we would have to rein in our appetites!

Exploring by bike took us through Turckheim, where the morning market was just closing. Despite the frogs-leg pie looking very interesting, we settled for riding on to Munster where we ordered a tarte flambee for lunch. Flambee is a local delicacy, sold everywhere, and resembles a thin-crust pizza with cheese and onion topping. Enjoyed in the hot sun with a cold local beer, it was delicious.



Medieval Garden, Turckheim

Munster itself is home to Munster cheese: reputed to be the World’s smelliest. It’s a soft cheese, looking like a yellow camembert or brie, but it gives off a pungent odour. We thought it really tasty. There is no doubt you will smell it before you taste it.



Little Venice, Colmar

Our onwards journey took us into central Colmar. This was far more attractive than the railway side of town. We left our bikes in a park, and walked into the old town. Narrow streets full of half-timbered houses are criss-crossed by pretty canals and streams. As everywhere, window boxes are a riot of flowers.

We found an All Blacks shop, selling authorised merchandise in the old town. More amazingly, we came

across another one before we left Alsace, full of customers, buying All Black merchandise we have never seen in New Zealand.

In Turckheim we visited the museum “La Poche de Colmar” (The Colmar Pocket) commemorating the victims of the furious battles fought over the whole area in the closing days of World War II. It is hard to reconcile the picture-perfect villages and countryside we see now with the pictures of the blasted and devastated landscape left when the war moved on into Germany proper.

The towns all have Germanic names like Kientzheim and Kaysersberg, Beblenheim and Bergheim, reflecting their origins. From Kaysersberg we walked up to an auberge (inn) about 7 km and 560 metres high. It sounds taxing, but was a really pleasant walk.

It was Sunday, the auberge’s terrace was all set for lunch. Casual guests turning up wanting only a cold beer to drink seemed to be something of an imposition. The innkeeper told the young couple who arrived just before us that they could sit on a bench by the wall, but not at the tables! The same applied to us.

We got our revenge when it came on to pour just after we set off on our way back again. We imagined the chaos caused by rain pelting on the grumpy waiter as he ran across the open courtyard to the tables. We fished our plastic ponchos out of our bag, and kept mostly dry walking through the sodden forest.

The food we encountered ranged from the exquisite to the hearty. The German heritage comes out in dishes like slow-roasted pork knuckle on “choucrouste,” a type of finely shredded sauerkraut, with lashings of mash and gravy. I have never seen such a variety of beer. In one small town, we visited a whole shop devoted to different types of craft beer, from black IPA to Printemps (springtime) lager. Delicious! Alsace apparently is home to 50% of France’s beer production.

Gently rolling hills made for easy biking. We seldom needed the power of the electric bikes. To see more we biked on another walking day, and rode up to the Chateau Haute Konigsberg, about 8 km uphill and an 800 metre climb. The bikes were powerful enough to take us up at over 20 km/h, with moderate pedaling, and a great sense of achievement. We were glad we were on the bikes, too, as the car park seemed to start half way down the hill.

The major industry is wine production. Many of the trails we rode on are tracks between vineyard blocks, and mostly paved. Everywhere we went

we heard the humming motors and the clack-clack-clack of the little tractor-pruners, designed to fit between the rows. The vines extend as far as the eye can see, all along the foothills of the Vosges. Tastings and sales were usually available in most villages, but very few have restaurants attached. The dominant variety is Riesling, made in a very dry style.



Vines and Villages

Wine has been made here since Roman times, and several tracks we road along were Roman roads. We also learnt that Pinot Gris (number two by volume) was brought back from Hungary by merchants and crusaders fighting the Turks. The Hungarian name for Pinot Gris is Tokay, which is the dominant grape in that country.



Stork Sanctuary, Hunawihir

We visited a stork sanctuary, which is credited with bringing back storks from the brink of extinction in the area. You can see storks from incubating eggs through all ages to leaving the nest. They double their weight every fortnight, and grow into large birds with a 6 foot wingspan. While they live in the sanctuary, they feed in the

surrounding countryside. One day we counted about 20 feeding in a field. We stopped for lunch in a picnic area by the sanctuary. While we were sitting there, a stork landed, happily eating its lunch while we ate ours.



Being interested in history, I came to appreciate why the EU means as much as it does in this part of the world. I don't think any English language country has more names on its Second World War memorials than it does on its First, but this was frequently the case here. Alsace became French originally by marriage and aristocratic alliances, but was taken from France in 1871 after defeat by Prussia (when Bismarck created a united Germany). The names on the First war memorials died for Germany, therefore, which explains why none of them bear the words "Mort Pour La Patrie" (Died for the Motherland) which is found on war memorials everywhere else in France.

The experience in the Second War was even worse: Alsace was incorporated into the German Reich in 1940, and conscription began immediately. You either went, or became a resistor. Either way, the losses were huge. Added to those casualties are the "victimes civiles" who were deported, forced

labourers, or simply caught up in the battles fought across the countryside. A poignant reminder of this was the church memorial recording the names of the three Stoessel children, aged 10, 11 and 13, all killed on 22 April 1945. That same church was also a symbol of tolerance, as it had served both the catholic and protestant communities since the 1700s.

There is a fantastic museum in the town of Schirmeck, which records all of this. We took a drive up the hill called Struthof, nearby, missing the significance of the sign to “Chambres de Gaz” just below the concentration camp on our way up. The camp was set high on a hill, overlooking a beautiful valley. The realization that these were gas chambers set in on the way down.

We ended our tour in Strasbourg. It is no surprise that this city is home to the European parliament.

Chris Worth



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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... heartbeat@otago phoenix.nz