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# 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,

My apologies for the delay in responding to Dave's request for my input to this quarter's magazine. I have not been able to attend exercise group for several weeks now and my ear has not been to the ground seeking information. This applies especially to THE UNIVERSITY. I have been waiting for the official communication regarding the Ted Nye Prize. In past years I have usually had the official letter by mid January or mid February,

but that has not happened this year. Their official letter usually tells us who the Student is and also has a letter from the lucky recipient, along with the amount granted as the prize. We do actually know who the lucky student is because he is well known to us all, and we are glad he is one of our current physios who has not only seven years experience in physiotherapy and leads us in exercise, but is now in his third year of Medical study, it is of course our friend Shane. In the mean time I will seek the formal information from the University.

What they have done is asked our permission to include our Donation of \$8,500-00 to the Ted Nye Fund in their annual report. I have given permission for them to include that information in their report.

On the positive side, it is great to welcome New Members to the Club.

Mr Geoff Williams has recently joined the Club. Please make yourselves know to him.

While welcoming new members it is also good to recognise the effort of those we see regularly on Door Duty, Dave Edwards, Bill Steele, Warren Knox, Keith Tricker, Vic Elliott and Jenni Gillions and especially Eric Higgins who has recently joined those volunteers – thank you all. A further thank you must be given to Shirley Begg and her team who took one hour shifts standing at New World collecting for The Heart Foundation Annual Appeal. So far I have not heard how well they did, nor how much the Foundation benefited from their efforts. I'm sure they did well.

Now to you all, enjoy the fellowship and exercise, but most of all may you benefit greatly from your efforts in the gym, and may your health be enriched by your efforts.

Blessings to you all,

*Russ Gillions*  
PRESIDENT.



## Secretary Report

Greetings from the Acting Secretary

Well I'm back in harness again for a few months while Brent and Lyn Marks are away overseas!!

Thank you to all members who have paid their subscription for the year. It is much appreciated. There are still about 8-10 who haven't paid theirs yet. Unfortunately as of 1 April 2019 the subscription has now gone up to \$50. If you would like the Club's bank details to pay online please let me know.

It is good to see so many back at the gym again after the Christmas break. January and February are usually pretty thin in numbers as many are still away enjoying the warm weather we've had.

Just letting you know that there will only be six sessions at the gym as Easter is early this year and ANZAC Day comes straight after it! So, there will be **NO GYM** on the **Thursday before Easter (18<sup>th</sup> April)** none on **Easter Monday (22<sup>nd</sup> April)** and none on that **Thursday (25<sup>th</sup> April)** as it is **ANZAC Day**.

Please can everyone try and remember to wear your name badge. It is really important to wear your badge as it has valuable information on it,

which makes things easier if there does happen to be an accident or an event. *If you require a new name badge please let me know so I can print you a new one.* My contact details are 454 3699 or email [jennigillions@gmail.com](mailto:jennigillions@gmail.com)

### **Resignations from the Club**

We have received the resignations of some of our members in the last few months.

Eleanor Flynn

Alan Ketchen

Bob & Elva McFarlane

We are sorry to see them go but wish them well for the future.

### **Free Recipe Books & Pens!**

We have been given a number of Heart Foundation Recipe books and a large quantity of their pens. I will put them in a container in the gym  
**Please help yourselves!**

Kind regards  
*Jenni Gillions*  
Acting Secretary



### **Make the Treasurer Happy!**

Pay your subs! All payments received by 31 March were eligible for the \$10 discount, giving a year's subs for \$40. If you missed paying by then, you now need to pay the full year's subscription of \$50.

Remember subs can be paid by internet banking (crediting the Club's account directly), in cash at the door, and by cheque. All cash and cheques received at the door or in the mail by 31 March (even if not banked before that date) will qualify for the discount.

Subs received to date amount to \$1,840 (representing 46 members, approximately half our total membership). To put this into perspective, we have paid out \$1,600 in physio supervision expenses to the end of March.

## **Fiftieth Anniversary Book "Taking our Pulse"**

I'll pass on a great idea I got from Geoff Smith - buy a copy (or two!) and donate it to your doctor to put in the waiting room. It's a great piece of publicity for the Club, and provides a useful source of income for the Club. Copies are available from the Secretary for \$10.

### **Therapeutic Pool Trust**

I recently attended the AGM of the Trust on behalf of the Club. The Trust has a difficult decision to make, as it has been offered a 10 year lease by the SDHB on the pool premises, but that does not seem long enough to justify raising and spending \$1 million on refurbishing and improving the pool. Patronage has also declined, and the Trust is slowly consuming its reserves.

The offer of a 10 year lease does seem to indicate that SDHB are resigned to the fact they will own the pool building (and possibly its neighbour, the Fraser Building, containing our gym) for at least the next 10 years.

In the meantime, access should have been restored (SDHB were carrying out work on the oxygen tanks and hospital gas reticulation system) by the end of March, making it much easier for people wishing to use the pool to get into it.

*Treasurer Chris*



### **Phoenix and other Archives - John Roxborough**

On 19 March I took in a pile of boxes to deposit with Hocken. It is our 3rd deposit of papers, photographs and digital material which helps continue the archive of our Club. The first material was after the 30th anniversary in 1998 and was organized by George Sutherland, and the second in 2007, possibly also organized by George. Dave Edwards and I found both of these incredibly interesting and useful when it came to preparing the history for our 50th. It would have been easy to get lost in them!

We had first looked at them a few years earlier when the task of sorting out our constitution and applying for charity status became much more messy

and detailed than any of us expected. Now we have added other minute books, attendance records, some papers from successive secretaries and presidents, photographs, and DVD films – including those taken at the 50th dinner by June Steele and Warren Knox. I included a USB stick of all the electronic material accumulated since the digital age reached us sometime in the 1990s.

Not everything goes in, for instance the Hocken is not interested in financial statements and returns, or things like old bank statements. We are unlikely to have anything scandalous, but in checking papers I did keep an eye out in case there was anything which might need to be embargoed – a system in archives generally whereby access is restricted or even prohibited for a long period, sometimes 30 years or more.

Archives have often been a part of my life. In the 1970s it was an exciting part of my research on Thomas Chalmers (Port Chalmers is named after him) to be able to read his letters and documents which somehow survived from his lifetime (he was born in 1780 and died in 1847), and the quest took me to Aberdeen, Edinburgh, Glasgow, London and Oxford. For a New Zealander it was a magical experience handling original documents which went back before 1840, and to see the handwriting, not always very good, of people I had only read about. It was the ordinary stuff which was special as well, and the sense of contact across the centuries with people, different and not so different from our own time. A sense also that people matter, often in unexpected ways.

The Phoenix Club archives have but small snippets of individual lives, as well as of something worthwhile that we are part of together. Even those attendance records tell something collectively. Perhaps even individually. Should any of us have the misfortune to be asked “Where were you on the night of a particular Monday or Thursday?” – the Phoenix archives might just be able to provide you with the evidence you need!

*John Roxborough*



## Joke Time from John Young



**A senior citizen** said to his eighty-year old buddy, 'So I hear you're getting married?' ... 'Yep!'  
'Do I know her?' ... 'Nope!'

'This woman, is she good looking?' ... 'Not really.'

'Is she a good cook?' ... 'Naw, she can't cook too well.'

'Does she have lots of money?' ... 'Nope! Poor as a church mouse...'

'Well, then, is she good in bed?' ... 'I don't know.'

'Why in the world do you want to marry her then?' ... 'Because she can still drive!'



**Three old guys** are out walking.

First one says, 'Windy, isn't it?'

Second one says, 'No, it's Thursday!'

Third one says, 'So am I. Let's go get a beer...'



**A man was telling his neighbour**, 'I just bought a new hearing aid. It cost me four thousand dollars, but its state of the art... It's perfect.'

'Really,' answered the neighbour. 'What kind is it?'

'Twelve thirty...'



**Morris, an 82 year-old man**, went to the doctor to get a physical.

A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm.

A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'"

The doctor said, 'I didn't say that... I said, 'You've got a heart murmur, be careful.'



**And one more...!** A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully, up onto a stool...After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'



*John*

A man was driving along a freeway when he noticed a chicken running alongside his car. He was amazed to see the chicken keeping up with him because he was doing 50 MPH.

He accelerated to 60 and the chicken stayed right next to him.

He sped up to 75 MPH and the chicken passed him.

The man then noticed that the chicken had three legs, so he followed the chicken down a road and ended up at a farm.

The curious man got out of his car and noticed that all the chickens had three legs. He asked the farmer, "What's up with these chickens?"

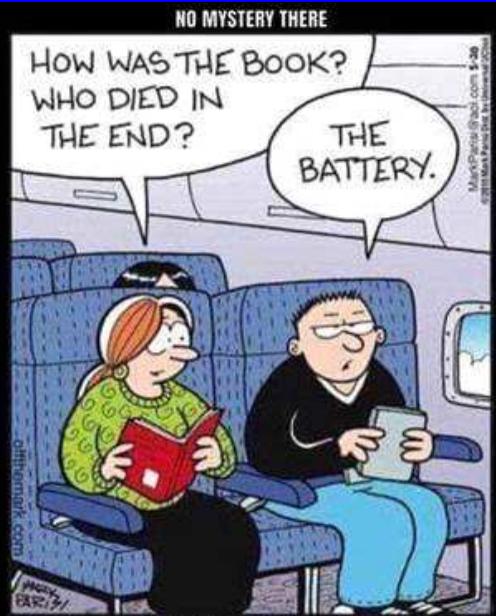
The farmer explained, "Well, everybody likes chicken legs, so I bred a three-legged bird. I'm gonna be a millionaire."

"How do they taste?" asked the man.

"Don't know," replied the farmer, "haven't caught one yet."



Remember when people had diaries and got mad when someone read them? Now they put everything online and get mad when people don't!



UnKNOWN PUNster ©2017

## Making Movies



Some of you may be aware I have ventured into making short video clips to upload to social media. My videos depict a slice of my life which may include my cat - Steve, drinking coffee, getting my hair done, scenes around Dunedin or travel highlights. Lately I have started to talk which is more difficult than you would believe.

I was inspired by videos on You Tube. Some favourites are “Casey Neistat,” “Kara and Nate,” “Sailing La Vagabonde,” and “Travelling K.” When I came across very poor quality videos I thought to myself, “I could do better” even though I had no experience at all in making videos!

There was a community class at the Mosgiel library on basic editing. Luckily my husband had an editing programme called “Movie Maker” on an old laptop and using our digital camera I took some footage of the neighbourhood. Downloading film to your computer is the same as downloading photos. Drop those files into an editing programme, cut them up, join them together, add music and titles, and upload to social media. Each 10 minutes of footage is edited to around two minutes of video.

I have since upgraded to a MacBook Pro laptop because it comes with iMovie pre-loaded. I bought myself a better camera (Canon G7X II) and a small tripod, then taught myself how to use everything via You Tube videos.



Adding music to videos is a challenge, there are some free music websites but you do have to be careful. The first video I tried to upload to Facebook got rejected due to music copyright; it’s amazing how they know! Currently I subscribe to a music sharing site called Epidemic Sound where I have access to a huge library of music.

Filming takes confidence to bring out the camera and hit the record button.

Be prepared to sit in the Meridian Mall drinking coffee staring at a camera, or stand on the street talking to the camera. Try pointing the camera at family and friends and see the reaction. You soon learn who the natural performers are! I try to make one movie a week so that I can maintain my new skills.

If you would like to make videos, use whatever you already own. Your phone or digital camera. Take some footage, get an editing programme, start editing and share. Try to make a story; with a beginning, middle and ending.

Footage can be moved around, it doesn't need to be in the order it was filmed. Make it short and snappy to keep viewers' interest. Film what you are interested in. Find your niche. Maybe that's cars, cooking, woodwork, flying, fishing, or metal detecting. Give it a go. Please like and subscribe to my channel on You Tube: it's called Leanne Barclay.

*Leanne*



### **Croquet Day**

On Friday 25 January a few of our members enjoyed a day at the Forbury Park Croquet Club and we thank Lynley Browne for organising the day for our club, as she has done for several years.

*Dave (Ed)*

All the toilets in New York's police stations have been stolen -  
The police have nothing to go on



## **Heart Foundation Up-date. April 2019 - Joanne Arthur**

The annual appeal is now being directed from the National office in order to free up the heart Health Advocates to focus on their core business of support and help for people and their families effected by heart disease. There were a few hiccups locally which will hopefully be better next year. Overall the national office says it was a big success and the on-line sign up system seemed to work well for the Northern areas.

The main focus for this year is community education and support. We are now running a joint education session with the District Health Board every Thursday morning form 10.30-12 noon. There are the usual topics such as physical activity, nutrition, medications, heart disease, atrial fibrillation and heart failure. New topics for this year which are included are coping with stress, and (EOP) enduring power of attorney. Feel free to call the branch office to get the topic of the week. The goals for the Thursday morning are support for people and their families with heart issues plus some education. A nurse specialist from the DHB will be there at every session to provide support as required. Phoenix club members are very welcome to all the sessions if they would like an up-date or any further education or support regarding their heart issues.

We are running rural education work shops in the rural areas as well this year. We have completed one in Balclutha and have one organised for Oamaru and will be looking at Cromwell for later in the year.

The local Branch has got a great group of volunteers who help with our workshops and also keeping GP practices stocked with up-to-date resources. We had an up-date in CPR earlier this year which I believe all the clubs should provide for their members.

The benefits of regular exercise are paramount to optimal health. The three exercise clubs which are supported by the heart Foundation continue to provide valuable exercise opportunities for people in the community. The Taieri club now have classes three days per week and the Larks club are increasing their classes to twice per week with an additional class in Maori Hill on Monday mornings.

The Mothers' Day fun run/walk is a great event coming up on the 12<sup>th</sup> May.

*Joanne*

**The Cardiac Society of Australia and New Zealand (CSANZ)  
Meeting held in Brisbane 2-5 August 2018—Dianne Body**

In our previous newsletter (January), Dianne reported on this Brisbane meeting. Space was limited in that newsletter and I had to cut the end of Dianne's report. So here is the remainder of Dianne's contribution. My apologies for having to split the report in two.

*Dave (Ed)*

**Dianne's Report (continued)...**

The ORBITA trial compared sham angioplasty and stent with genuine angioplasty and stent and optimum medical therapy for both groups. The outcome was that the real PCI (stent) group had better blood flow but gained no improvement in exercise capacity or quality of life. Further research is needed before recommending against stents as stents did help reduce angina in some patients.

What's Hot was the title of a plenary session.

There is a new nasal spray for controlling a particular heart rhythm problem (SVT).

Ablation, burning or freezing part of the heart to control rhythm disturbances is better than treatment by drugs.

Significant weight reduction can reduce the progression of atrial fibrillation.

Vitamin D improved heart function after a heart attack.

Having bad genes (strong family history) and a bad lifestyle (drinking, smoking and poor diet) increases the risk of a heart event by 4 times. Having either 1 or the other doubles your risk of an event.

Alcohol is bad for the electrical system of the heart; it may be helpful for the plumbing. However, alcohol increases the risk for cancer.

The quality of the presenters was outstanding and each kept to time. As some talks were only for 10, 15 or 20 minutes the speakers spoke very quickly so it required intense concentration to follow the often quite complex information. Most of the cardiologists from Dunedin, Leanne and I, a research nurse and a nurse from the catheter lab attended the conference.

We found it well worthwhile and useful to learn about current trends in cardiology.

*Dianne*



## Email Survey

This will be of little interest to those receiving a printed copy of Heartbeat but on 27 March I decided to send out an email to all those who receive their Heartbeat by email. I thought it was time that I checked that the newsletter was reaching all of the members. The simple idea was that, when they received my email, each member should send me a blank reply to confirm that the message was received. The results are a little disappointing. Of the 68 members who receive their Heartbeat by email, 35 replied on the day my email was sent, 6 replied on the next day, 1 after 3 days, 2 after 5 days, 2 after 9 days and I have yet to hear from 20 others. So this casts some doubt as to whether there may be a group of people who don't get the newsletter. It seems as though I shall have to make some follow-up phone calls.

*Dave (Ed)*



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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@otagophoenix.nz](mailto:heartbeat@otagophoenix.nz)