



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 TO YOU ALL and congratulations. Do you know that there are more members attending exercise classes, especially Thursday Nights than have done for probably the last two years. Your enthusiasm is highly commendable and it will be great to see it become the model for future classes.

This week we have said our goodbye to Ashley for a few months and wish her every blessing as she prepares to have her second child.

Our wish for her and her baby is that the birth be kind to them both and bring everlasting joy to the family.

We have a new Physiotherapist, she is very slim and quite tall, and comes from Ireland. Her name is Kirsty, make yourself known to her. At present we also have two young male students assisting and they are making us work quite hard, and are doing a good job.

It is a common occurrence for us to have members spending time in hospital and at the moment Keith Tricker has been sent home to recover from his pneumonia infection and will return to hospital in about six weeks for re-assessment. Meantime Vice President John Young will enter hospital for an operation on his hand, it will probably be an over-night stay for him.

Our magazine editor Dave Edwards won't say much, but he has been

under the weather a bit lately with Eye troubles, and he has missed quite a number of nights at table tennis. Dave we wish you a speedy recovery and best wishes.

Mid-Year Dinner:-

You can still book your place for this outing up until 24th July 2019. Remember Wednesday 31st July 6-30 for 7-00 p.m. meal. Place:- Nanking Palace King Edward Street South Dunedin. The Menu is very good, and the company is equally very friendly Cost:- \$35-00 per person. See you there!

NEWS JUST RECEIVED:- “GOOD in the HOOD 2019”

Thanks to the effort of Geoff Grenfell preparing an application on our behalf, we have been selected again, as a participant in the “Good in the Hood” campaign which is run by Z ENERGY (petrol Stations). The filming for the campaign will be held on **TUESDAY 23RD JULY in the Dunedin Art Gallery – Auditorium, our time is set down for 3-15p.m. – 4-00p.m.**

Because of the short notice I have asked the following members to represent us and plead our case for public support, John Roxborough, Lorraine Grenfell and Jenny Gillions.

Now for my plea to you the members. Once this appeal gets under way we will need to support this programme **by using Z petrol station in ANDERSONS BAY ROAD please for your fuel requirements.** There will be a member on duty at this petrol station to encourage customers to support us. They will have a box of discs and the customers will put their discs in which ever campaign box they choose. Our members job is to gently encourage them to support us by putting the disc in our container. The container with the largest numbers of discs earns the highest portion of the fund allocated to the Andersons Bay Z Station for allocation (Last year we received \$1181-00). We need this money to cover our payments to Physio’s for the remainder of the year.

You may also be asked to be part of the roster of members to represent us at the Service Station. We usually seek your help for one hour on the day which is allocated to us. Don’t be hesitant to offer your assistance, it can be quite a fun time.

Meantime, Best Wishes to you all,

Russ Gillions (President)

Secretary Report

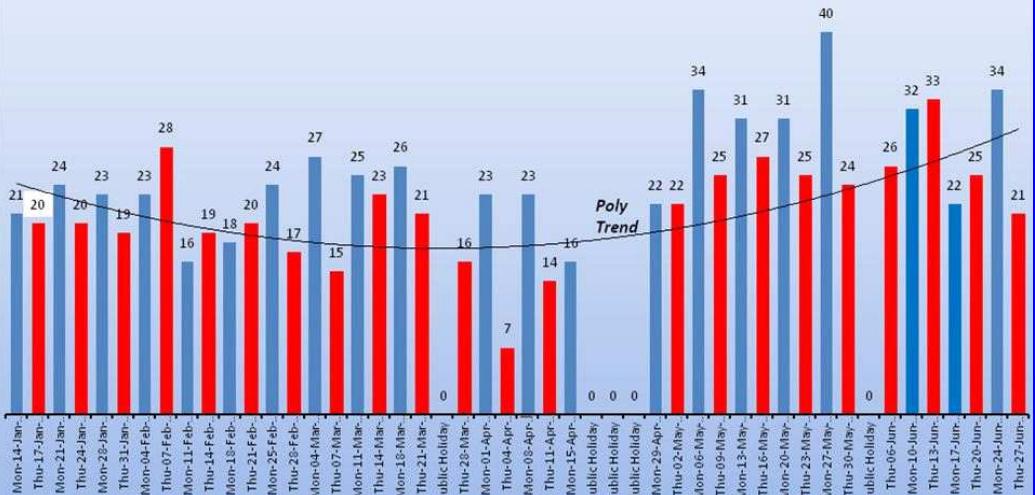
I have been out of town for the period Feb to mid May 2019, Thank you to Jenni Gillions for standing in as club secretary during my time away.

Prompted by seeing a couple of larger gym attendance numbers on Thursdays, I thought I would have a look at the year to date. Considering that the colder evenings are upon us, the attendance numbers from April seem to be higher than during the summer months??

Blue bars = Mon. evenings

Red bars = Thurs. evenings

Otago Phoenix Club Gym Attendances Jan~Jun 2019



In preparation for an audit of the club's membership spread sheet, would members please let me know of any changes that we should make to our membership records. E.g. changes of email addresses, postal addresses, contact telephone numbers etc.

Please contact me by –

Email at secretary@otagophoenix.nz or

Telephone // Text to 027-448-9917

Regards,

Brent Marks, Secretary



Mid– Winter Dinner

At the Committee Meeting on Monday 27 May, it was decided that the date for the dinner would be Wednesday 31 July.

Details from Jenni Gillions

MID-WINTER DINNER

When: Wednesday 31 July 2019

Where: Nanking Restaurant
198-204 King Edward Street
South Dunedin

Arrival: From 6.30 pm

Dinner: At 7 pm

Cost: \$35 per person

There are 2 ways of letting us know your intention to attend. Either provide your details on the posted list on the notice board at the Fraser Building entrance door or let the Secretary (Brent) know directly.

His Mobile is 027-448-9917.

Please pay at the gym / exercise session nights, I will be collecting the payments.

*We look forward to seeing you all there
for an enjoyable evening together.*

Jenni

Our heartiest congratulations to John and Bev Young who celebrated their 63rd Wedding Anniversary on the 20th June!



I dropped out of communism class because of lousy Marx

Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humour outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

I found this article on <https://www.helpguide.org>. There are many other excellent articles on health and wellness. You may like to have a look for yourselves.

So the moral of this article is – Keep laughing everyone!

Jenni



Joke Time from John Young



Two Aussies were hunting in the outback and came upon a huge hole in the ground. They approached it and were amazed at its size.

The first said, "Wow, that's some hole. I can't even see the bottom. I wonder how deep it is."

The second said, "There's an old gear box over there. Let's throw it in and see how long it takes to hit bottom."

So, they picked up the gear box, carried it over to the hole, counted one-two-three, and heaved it in.

As they were standing there looking over the edge of the hole, a goat come crashing through the underbrush, ran up to the hole and without hesitation, jumped in head first.

While they were standing there staring at each other in amazement, they peered into the hole, trying to figure out what that was all about.

Just then an old farmer sauntered up. "Say, you fellers didn't happen to see my goat?"

The first hunter said, "Funny you should ask. We were just standing here a minute ago, and a goat came running out of the bushes doing about a hundred miles an hour and jumped head first into this here hole!"

The old farmer said, "Naw, that's impossible! I had him chained to a gear box."



A Scotsman and his wife walked past a swanky new restaurant..

"Did you smell that food?" she asked. "It's Incredible."

Being a 'kind-hearted Scotsman', he thought,

"What the heck..., I'll treat her."

So, they walked past it again...



John

CHECK FOR ALZHEIMER'S - PRETTY AMAZING

The following was developed as a mental age assessment by the School of Psychiatry at Harvard University . Take your time and see if you can read each line aloud without a mistake.

The average person over 60 years of age cannot do it!

1. This is this cat.
2. This is is cat.
3. This is how cat.
4. This is to cat.
5. This is keep cat.
6. This is an cat.
7. This is old cat.
8. This is fart cat.
9. This is busy cat.
10. This is for cat.
11. This is forty cat.
12. This is seconds cat.



Now go back and read the third word in each line from the top down and I betcha you cannot resist passing it on.....

A German Shepherd, a Doberman, and a cat died.

In heaven, all three faced God, who wanted to know what they believed in.

The German Shepherd said, "I believe in discipline, training, and loyalty to my master."

"Good!" said God. "Sit at my right side."

"Doberman, what do you believe in?" asked God.

The doberman answered, "I believe in the love, care, and protection of my master."

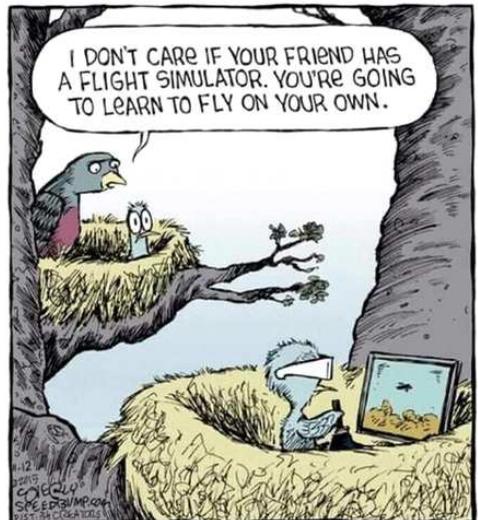
"Aha," said God. You may sit to my left."

Then God looked at the cat and asked, "And what do you believe in?"

The cat replied, "I believe you are sitting in my seat."



Yooper Pastor



BOOZE, METH & WEED from Leanne



At the recent CSANZ scientific meeting in Wellington I had the chance to attend a very interesting lecture. Drug abuse and complex behaviours associated with those drugs are now becoming more frequent. In New Zealand four out of five adults drink alcohol at least once in a year, one of those four will be a hazardous drinker. One out of nine smoke cannabis, around 3% smoke weekly. It is hard to know how many use methamphetamine but they are more likely to be young, male and Maori.

Every organ in the body is affected by alcohol and we know and understand how much is in a bottle and consumed. Cannabis has over 100 active substances. Flavour, smell, memory and how you feel about that memory are some of the effects of cannabis. Meth affects the dopaminergic neurons – making them work until they die. There is euphoria, energy, activity and alertness, it also reduces appetite and fatigue. These users are more likely to “fight not flight.”

For most people one drink takes one hour to metabolise but if you are a regular drinker that might be two an hour. This is important for withdrawal and delirium as you may need to be constantly topped up. These are the drinkers who need to start early on waking up. Cannabis users will tell you when they are stoned and are more easily managed and are not necessarily dangerous. A meth high is seen the least but is the most worrisome as they are aggressive and unpredictable. They need to be monitored closely with two staff and an orderly in the hospital setting.

There is more to understand about managing clients who use drugs. It is going to change, especially if cannabis legislation is relaxed. Australia has the highest rate of meth use in the world. Meth is associated with significant heart problems. Cocaine is the single biggest killer of younger men in the UK. I have seen clients who have been using all of the above. We also need to remember it is not just the younger clients who use cannabis.

Leanne

The Otago Phoenix Club Website

Just a reminder that we have a website (www.otagophoenix.nz) where you will find general information about the aims and history of our club. Please feel free to offer suggestions as to how we might improve the site. Is there information missing that you would like to find there. I can be contacted by email at webmaster@otagophoenix.nz

Dave

Lyn and Brent Marks 5 Weeks in the Biggest RV we can afford

It is a measure of the love and dedication to one's Grandchildren when you travel from Dunedin to Whangamata to babysit for a week.

More interesting for the reader though, might be our journey to and from the Whangamata BookaBatch.

Our accommodation

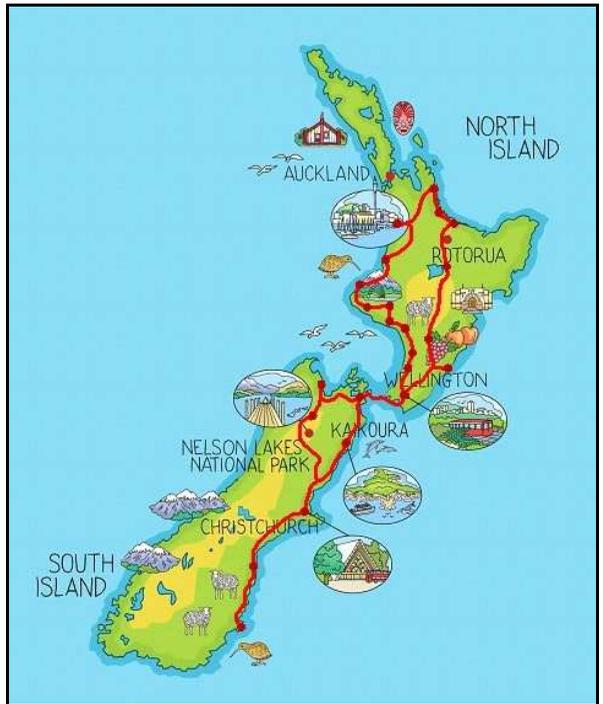
Our bed on wheels is a teardrop camper which we describe simply as warm, dry camping. We had become tired of the wet tenting and wanted some luxury. You may be able to guess that the insides of our teardrop camper measures just under that of a double bed (that's 100% of it), with the rear hatch offering an outside access kitchen. More than adequate for all of our camping ground night stays.



How great it is to now be able to cruise from town to town at your leisure, staying extra days at the good spots. We encountered camping grounds ranging from fantastic to; well not so fantastic.

Highlights:

1. The new road repairs along the Kaikoura coast
2. Picton and the Sounds ferry journey to Wellington
3. Wellington City - the Botanical Gardens, City to Days Bay harbour ferry, Petone and its cafes
4. Castle Point
5. The Taupo Area
6. Omokoroa Beach
7. Coromandel Peninsula
8. Raglan
9. New Plymouth
10. Egmont National Park
11. Wanganui's Saturday morning market and the jet boat trip to the 'Bridge to Nowhere'
12. Mapua
13. Murchison Area
14. Lewis Pass



Brent and Lynette

Google To The Rescue!

If you are familiar with the printed version of this newsletter you will know that it has a fixed number of pages, twelve to be precise. It is often difficult to fill those pages, despite having several regular contributors. On July 12th, as I was struggling to fill the last page, Mr Google came to my rescue with this...



New Google Doodle Celebrates Father of Coronary Bypass Surgery René Favaloro

The father of the coronary bypass surgery René Gerónimo Favaloro

would have turned 96 today (12 July) and while the Argentinian surgeon isn't alive to see it, Google is celebrating his birthday and achievements in a new Google Doodle.

Born on 12 July 1923 in La Plata Buenos Aires, Favaloro spent most of his time in Buenos Aires working over the years to improve healthcare in his home country. Upon graduating from La Plata University in 1949 with a medical degree Favaloro bucked conventional wisdom opting to fill in for a colleague who was a country doctor instead of pursuing a career as a thoracic surgeon.

Favaloro Shelved Career to Help a Farming Village in his Hometown

Favaloro spent 12 years in La Pampa, the small farming community, working hard to educate his patients on the benefits of preventative medicine. He was credited with creating the first blood bank in the farming village and built an operating room from the ground up, using it to train doctors and nurses.

While Favaloro shelved his interest in thoracic surgery for more than a decade as he tended to his local patients, the fire never burned out. In 1962 he joined the Cleveland Clinic in Cleveland, Ohio, working with Mason Sones, who had pioneered the practice of interpreting coronary and ventricular images in a process known as cineangiography.

After pouring over thousands of cinenangiograms Sones had performed, Favaloro concluded that artery bypass grafting was a possibility. That work led Favaloro and his colleagues to look into using the saphenous vein for the restoration of perfusions to the heart.

Favaloro Made History with First Successful Bypass Surgery

On 9 May 1967, Favaloro made history by performing the first saphenous aortocoronary bypass on a 51-year-old woman who had a blockage in her right coronary artery. The famed surgeon attached the patient to a heart and lung machine stopped her heart and used a vein from her leg to get blood to flow around the blocked artery. The surgery was a success and paved the way for the procedure to be performed a zillion times saving the lives of countless patients since then. By 1968 Favaloro and his colleagues were combining that technique with valve replacement and ventricular aneurysmectomy, enabling them to perform bypasses for acute infarction, which is the death of tissues due to a lack of blood supply to the area.

Favaloro Responsible for Training Many of Latin America's Surgeons

Favaloro didn't stay long at the Cleveland Clinic, returning to Argentina in 1971 where he established the Favaloro Foundation. Similar to Cleveland Clinic, the foundation was focused on research and teaching, churning out

well-trained surgeons and developing modern equipment to treat people, even those who couldn't afford it. Thanks to the Favaloro Foundation people living in Latin America got access to highly trained surgeons and cardiologists that previously weren't available anywhere in the region. The famed surgeon won many accolades over the years including the International Recognition Award bestowed on him in 1992. Favaloro died on 29 July 2000 at the age of 77. "‘We’ is more important than ‘I.’ In medicine, the advances are always the result of many efforts accumulated over the years," wrote Favaloro.

Thank you Mr Google.

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