



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



Just a short note for the newsletter. Thank you for electing me as President, I hope to continue the valuable support the past president Russell Gillions gave us all. Carol and I wish you all a prosperous and healthy New Year and look forward to seeing you and meeting new members .

Cheers, Eric Higgins
03-454-2383.

Merry Xmas and a Happy New Year.

Good In The Hood

On 30th October last year, Jenni Gillions and Lorraine Grenfell received the big orange token and the cheque for \$1344-00, this being our portion of the "Good in the Hood" prize money.



Our Physio Shane

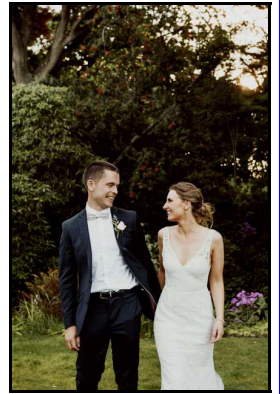


On 25 November last year, our then President, Russ, took the opportunity, at the start of our gym session, to thank Shane for his work with us and to wish him well for his forthcoming marriage to Gemma.



Russ presented Shane with a copy of "Taking Our Pulse", the story of The Otago Phoenix Club 1968 - 2018.

Jenni Gillions has since received photos of the wedding from Shane.



Annual General Meeting of the Otago Phoenix Club

The following details have been compiled from information received from our secretary, Brent.

Dave (Ed)

The AGM for 2019 was held at the Dunedin Lawn Bowls Stadium, 38 Tahuna Road, Dunedin on Monday 2nd December at 7 pm. 33 members and guests attended.

Prior to the meeting, various reports had been distributed to members so there is little need to repeat those here. We can however report on some of the decisions agreed upon at the meeting.

Stroke Foundation and Phoenix Club

President Russ Gillions indicated to the meeting that the committee had been discussing the possibility of Stroke Club members being able to join as members the Otago Phoenix Club.

Subscriptions and Gym Fees for 2020

It was agreed to implement the policy proposed by Treasurer Chris Worth and recommended by the 2019 Committee regarding subscriptions and exercise session fees. Exercise session fees include everything in or attached to the Lifestyle Gym in the Hospital that the Club runs, and are referred to as Gym Fees below.

Subscriptions: These are reduced to \$30 a year, if paid by 31 March 2020, but will rise to \$40 if **PAID AFTER 31 MARCH 2020**. So, in order to get the full benefit of the reduction in subscriptions, please pay these **BEFORE 31 MARCH 2020**. Remember, the subs for 2019 were \$50, reduced to \$40 if paid by 31 March 2019. For many members, this is a reduction from \$50 to \$30.

Gym Fees: A partial cost recovery will be implemented by way of a fee for using the gym and table tennis room etc. The fee is set at **\$1 per session**.

Gym session tickets will be available. One ticket costs \$10 and covers 10 attendances. Each time you attend for gym or table tennis, one of the spaces will be marked off and you will be recorded as attending.

How to pay your subscription and gym fees

The following options are available...

1). By Bank Transfer: We encourage you to pay by bank transfer; these are simple to do and simple for the Club to administer. The Club bank account number is **03 0903 0382417-00**

Put what you're paying for in the Particulars, Code and/or Reference fields. Payments for gym session tickets **MUST BE IN MULTIPLES OF \$10.**

2). Bring the money to Club nights: please have the right amount, \$30 for subs (\$40 from 1 April) and \$10 for each gym session ticket .

Gym session tickets will be given to you. If you have paid by direct bank transfer, your ticket(s) will be waiting for you to pick up at the door.

3). Cash For a Single Attendance: As a last resort, if you have not purchased a 10 session ticket, bring a \$1 coin to gym, and drop it in the box on the way in. **Bringing the right amount** will save time and the embarrassment of not having the correct change to give you.

Let's see how this goes! It will take a little time to get used to. Paying by bank transfer will save you time and trouble. Otherwise, please bring the right money for what you want to pay for at the door.

Annual Ted Nye Prize

Russ Gillions suggested that the incoming committee approach the Otago University with a view to achieving a larger dollar amount for the study award. The most recent prize value was only \$400.00. In response to a question from the floor about reducing club donations to the fund, Russ indicated that there would be no money going to the fund for the next 2 years. except for Ted Nye Fund donations specifically given for that purpose. These will be forwarded to the fund.

Office Bearers and Committee Members

At each AGM, existing officers and committee members automatically stand down and new ones are elected from nominations received. The Officers and Committee Members for 2020 are as follows:

Officers

- President – Eric Higgins
- Vice President – John Wills
- Treasurer – Chris Worth
- Secretary – Brent Marks

Committee Members:

- Vic Elliott
- Margaret Ellis
- Lynette Marks
- Keith Tricker
- Bill Steele

AGM Raffles

Brent Marks organised the AGM raffles, the main prize being a woman's sports watch donated by Leanne Barclay. Other prizes were paid for by The Otago Phoenix Club. The raffle ticket sellers were Keith Tricker, Vic Elliott and June Steele. Prize winners were Lyn Marks, Russ Gillions and June Steele (see photo).

The club benefits from the funds raised by the raffles.



Secretary Recommendation

Hopefully you will all have seen various notices sent out via email and/or on the club's notice board located just inside the Fraser Building entry door (Cumberland St).

The notices are headed:

CARDIAC REHABILITATION DROP-IN | COFFEE AND EDUCATION

I would like to promote these education sessions to you. I have personally attended several, the most recent being the session entitled "Slash the Salt".

Each offered great opportunities to learn and maybe if appropriate, make lifestyle changes. I thoroughly recommend these. Watch for the notices and topic matter. If you want to, give attendance a go.

Brent



How to boost brain power at any age - from Jenni Gillions

They say that you can't teach an old dog new tricks, but when it comes to the brain, scientists have discovered that this old adage simply isn't true. The human brain has an astonishing ability to adapt and change—even into old age. This ability is known as *neuroplasticity*. With the right stimulation, your brain can form new neural pathways, alter existing connections, and adapt and react in ever-changing ways.

Here is the second of 9 tips to help you boost your brain power!

Tip 2: Don't skip the physical exercise

While mental exercise is important for brain health, that doesn't mean you never need to break a sweat. Physical exercise helps your brain stay sharp. It increases oxygen to your brain and reduces the risk for disorders that lead to memory loss, such as diabetes and cardiovascular disease. Exercise also enhances the effects of helpful brain chemicals and reduces stress hormones. Perhaps most importantly, exercise plays an important role in neuroplasticity by boosting growth factors and stimulating new neuronal connections.

Brain-boosting exercise tips

Aerobic exercise is particularly good for the brain, so choose activities that keep your blood pumping. In general, anything that is good for your heart is great for your brain.

Does it take you long time to clear out the sleep fog when you wake up? If so, you may find that exercising in the morning before you start your day makes a big difference. In addition to clearing out the cobwebs, it also primes you for learning throughout the day.

Physical activities that require hand-eye coordination or complex motor skills are particularly beneficial for brain building.

Exercise breaks can help you get past mental fatigue and afternoon slumps. Even a short walk or a few jumping jacks can be enough to reboot your brain. If you are experiencing traumatic stress or find yourself stuck in repetitive, unhealthy behaviour...

...Try exercising the muscles connected to fight-or-flight with attention. Exercises that use both your arms and legs—and are done in a focused way with mindful awareness of your physical and emotional experience—are

especially good at reducing traumatic stress. Exercises like walking, running, swimming, or rock-climbing, activate your senses and make you more aware of yourself and others when they are done with focused attention.

Source: www.helpguide.org

<https://www.helpguide.org/articles/healthy-living/how-to-improve-your-memory.htm>

Jenni



Pariya draws a ticket from the barrel held by Brent to determine one of the winners of firewood and pinecones

Pot-Luck Lunch and BBQ

On Saturday 23 November some of our members took advantage of an invitation from Peter and Pariya Williams to attend a pot-luck lunch and BBQ at their Chain Hills property. This was a follow-up visit after the firewood gathering exercise mentioned in our previous newsletter. After the lunch, the results were drawn for the firewood raffle. Coincidentally, the winner of the main firewood prize was Chris Worth, who happened to be the recipient of the same prize when we held a similar raffle in 2018! On this occasion, Alex Newbury was the second prize winner receiving 10 bags of pine cones. Third prize of 5 bags of

pine cones went to Geoff Leith. A big thanks to Peter and Pariya for organising both the preparation of the firewood and the follow-up lunch.

Dave (Ed)

June Steele is asking...

Have you ever wondered?...

Why “abbreviated” is such a long word?

Why it is that doctors call what they do “practice”?

Why the time of day with the slowest traffic is called rush hour?

Why lemon juice is made with artificial flavour, and dishwashing liquid made with real lemons?



June

Why 'tock-tick' does not sound right to your ears

Ever wondered why we say tick-tock, not tock-tick, or ding-dong, not dong-ding; King Kong, not Kong King? Turns out it is one of the unwritten rules of English that native speakers know without knowing.

The rule, explains a BBC article, is: "If there are three words then the order has to go I, A, O. If there are two words then the first is I and the second is either A or O. Mish-mash, chit-chat, dilly-dally, shilly-shally, tip top, hip-hop, flip-flop, tic tac, sing song, ding dong, King Kong, ping pong."

There's another unwritten rule at work in the name Little Red Riding Hood, says the article.

"Adjectives in English absolutely have to be in this order: opinion-size-age-shape-colour-ori-

PLAY IT BY EAR: If a word sequence sounds wrong, it is probably wrong



Getty Images

gin-material-purpose noun. So you can have a lovely little old rectangular green French silver whittling knife. But if you mess with that word order in the slightest you'll sound like a maniac."

That explains why we say "little green men" not "green little men," but "Big Bad Wolf" sounds like a gross violation of the "opinion (bad)-size (big)-noun (wolf)" order. It won't, though, if you recall the first rule about the I-A-O order.

That rule seems inviolable: "All four of a horse's feet make exactly the same sound. But we always, always say clip-clop, never clop-clip."

This rule even has a technical name, if you care to know it—the rule of ablaut reduplication—but then life is simpler knowing that we know the rule without knowing it.

For more: BBC

And June Steele is also asking...

You know that indestructible black box that is used on airplanes?
Why don't they make the whole plane out of that stuff?!

When dog food is new and improved tasting, who tests it?



June



Joke Time from John Young



**I know you're not a fast reader
so I'm typing this slowly**

A Mafia Godfather, accompanied by his attorney, walks into a room to meet with his former accountant.

The Godfather asks the accountant, "Where is the 3 million bucks you embezzled from me?"

The accountant does not answer.

The Godfather asks again, "Where is the 3 million bucks you embezzled from me?"

The attorney interrupts, "Sir, the man is a deaf mute and cannot understand you, but I can interpret for you."

The Godfather says, "Well ask him where my damn money is!"

The attorney, using sign language, asks the accountant where the 3 million dollars is.

The accountant signs back, "I don't know what you are talking about."

The attorney interprets to the Godfather, "He doesn't know what you are talking about."

The Godfather pulls out a 9 millimetre pistol, puts it to the temple of the accountant, cocks the trigger and says, "Ask him again where my damn money is!"

The attorney signs to the accountant, "He wants to know where it is!"

The accountant signs back, "OK! OK! OK! The money is hidden in a brown suitcase behind the shed in my backyard!"

The Godfather says, "Well....what did he say?"

The attorney interprets to the Godfather, "He says...go to hell... ..that you don't have the guts to pull the trigger."



John

The Science of Giving:

Why one act of kindness is usually followed by another

By Jessica Cassity (*and contributed by Jenni Gillions*)

Small acts of kindness are sometimes powerful enough to make major headlines. In fact, you've probably read about or watched a few of these stories unfold in the past month. Here's how it usually plays out: **One person will do a good deed**—such as placing a cup of coffee on reserve for a homeless person, or paying off a stranger's layaway balance at Kmart—then a trend will start, with more and more people getting in on the act. The result is a feel-good story for all. The benefactors are happy to have done a good deed and the recipients are pleased to have been given a small but meaningful helping hand.

However, the circle of generosity doesn't end there—in fact, it's exponentially bigger. Recipients of kindness generally want to keep paying it forward, says James Fowler, professor of medical genetics and political science at the University of California, San Diego. In fact, in one of Fowler's studies, he found that a single act of kindness typically inspired several more acts of generosity. The scientific name for this chain of altruism is “upstream reciprocity,” but you can think of it as a domino effect of warm and fuzzy feelings: If you drop a quarter into an expired parking meter, the recipient of that small act of generosity will be inspired to do a kind act for someone else, and on and on.

The Helper's High

So where do these good feelings come from? When you are kind to another person, your brain's pleasure and reward centres light up, as if you were the recipient of the good deed—not the giver, according to research from Emory University. This phenomenon has actually earned the nickname “helper's high” among psychologists who study generosity, and some researchers theorize that the sensation is also due to a release of endorphins, those feel-good chemicals associated with runner's high. It's no surprise then, that a 2010 Harvard Business School survey of happiness in 136 countries found that people who are altruistic—in this case, people who were generous financially, such as with charitable donations—were happiest overall.

Of course, part of why giving feels good is because we know we're lifting someone else's spirits. Receiving a gift, assistance, or even an encouraging smile activates the brain's reward centre, a phenomenon that's hard to explain but easy to feel—just think back to the last time a stranger held the

door for you or your partner surprised you with your favorite meal. The sudden appearance of these positive feelings is what helps keep the giving chain alive: Somebody who has just received an bit of kindness is elevated, happy, and grateful, making them likely to help someone else, according to a 2007 study from Harvard University.

But there's more. The effects of kindness can be so great that you actually don't have to be directly linked to a giving chain to get in on the act. By simply witnessing generosity you may be inspired to do something generous of your own, according to new research from Fowler, who found that simply observing kindness can spur more acts of good. Humans often mimic behaviour they see, and that includes generosity, which explains why some of these stories of small acts of kindness become bigger news: Even people who simply hear about a giving chain are often inspired to give, starting a chain of positivity all their own.

Jenni



*"How could you just walk out on me like this?
And, by the way, 'nit-picking' has a hyphen."*

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

Two Versions Of The Heartbeat Newsletter

Heartbeat is distributed both as a printed version and as an emailed version. Receipt of the emailed version represents a saving in printing costs for our sponsor and in postage for the club. So if you are reading an emailed copy we thank you for doing so. If you have any comments regarding the newsletter or if you would like to contribute an article, please send an email to...

heartbeat@otagophoenix.nz

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