



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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## INDEX

Item	Page
President's Word (Keith)	1 - 3
Order Of Service	3
Secretary's Word (Brent)	4 - 5
Treasurer's Word (Chris)	5
Joke Time (John Young)	6 - 7
Cartoon	7
Wordle (Dave)	8
How Smart Is Your Right Foot	9
R Tucker Thompson (Chris)	10 - 11
Newsletter Articles Needed	11
Elected Officers & Committee	12
Sponsor's Message	12



## President's Word

Hello everyone,

Welcome to the first edition of the Heartbeat newsletter for 2022. Once again the year is moving along quickly and I hope everybody is enjoying the summer, but to be honest the weather has been a bit inclement over the last couple of weeks but it seems to have settled down a bit the last couple of days.

As I mentioned in our previous newsletter, members were provided with a video link to be able to watch the ceremony to unveil the Kirsty Moffett memorial artwork and many members were able to view the unveiling on the 13th of December. This photo shows the inscription mounted beneath the picture and on page three, you can see a copy of the order of service for



the ceremony.

We leave a challenging year behind with all the problems of having to move gym premises but I feel we have settled well into the children's pavilion

as our temporary gym with lots of positive feed back from members using it. Overall, I believe the move was very smooth and it is a big thanks to all involved.

Moving forward to 2022, some upcoming events are on the agenda but yet to be finalized. The street collection day for the Heart Foundation which was cancelled last year due to Covid is unfortunately cancelled again this year but for those members wishing to contribute, a visit to the Foundation website at [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz) will allow a donation to be made.

The firewood and pinecone raffle day which we hope will be held at Peter and Pariya Williams' property, is still expected to go ahead but the date will be confirmed later. On page four, Brent has covered the event in November when the pine logs were cut and split, and the pinecones collected.

Last year we had a successful mid-winter lunch at Equinox Restaurant and Bar and suggestions for this year's meal are being requested. A sheet will be put on the notice board at the gym entrance for your suggestions. The committee would also like to hear from members on any other social events that sound fun.

So far this year's attendance has been quite good remembering we have limited space and it has been nice to see a couple of new faces. It would be good to see more table tennis players in attendance.

Well Covid continues to be part of our lives in NZ with the Omicron virus arriving at our door. The Phoenix Club will continue to take advice from Dianne Body and the Physio team at the SDHB. At the present time everything stays as it is and members will be informed of any change by email or phone. The club would encourage all members to follow all the safety measures put in place and support each other at this difficult time. I am sure we will see it through.

Well that's all from me for this issue once again stay safe and I look forward to seeing you on gym nights and social occasions.

### Late Addition to President's Word

On Wednesday (23 Feb) I received an email from Diane Body concerning spacing of gym equipment during the present COVID crisis. In the email Dianne commented that the decision to continue the exercise sessions would be the club's.

On Thursday (24 Feb) afternoon, after accessing information on the rise

in COVID case numbers throughout NZ and the Dunedin region, for the safety of our members I made a decision on behalf of the committee to cancel gym sessions until further notice.

I accept some members might not agree and understand that, but as a committee we have a duty of care for our members and this was the reason I made this decision.

Please feel free to give me feedback on this issue and please stay safe.

Regards,  
**Keith Tricker**  
President

*Unveiling of Memorial Artwork for Kirsty Moffett*  
*Monday 13<sup>th</sup> December 2021 at 8:00am*  
*Physiotherapy Outpatient Department Waiting Room*

*Mihi of Welcome: Wendi Raumati.*

*Prayer: Cameron Sinclair.*

*Waiata: Porea nei*

*Picture Unveiling: Helen Kelleher and Wendy Lockhart.*

*23<sup>rd</sup> Psalm.*

*Karakia: Wendi*

*Invitation to all refreshments in the Gym and to share stories and memories of Kirsty*

*Blessing of food: Dianne Body*

*Close: 10 am*

*Hurihia tō aroaro ki te rā tukuna tō ātārangi kia takā ki muri i a koe*

*Turn your face toward the sun and the shadows fall behind you.*

## Secretary's Word

### Firewood Raffle 2022

On 19th November 2021 (having been delayed due to COVID restrictions), a small band of members assembled in Pariya and Peter Williams' plantation on the Eastern side of Chain Hills above Fairfield.



*Bill Steele Gathers Logs*

The task at hand as in past years, was to cut up pine tree logs into rings (the trees were already felled and on the ground), as well as gathering and filling many bags with pine cones. This will form the prizes for a club firewood raffle to be run early in 2022. Thank you to the team – Pariya and Peter Williams, Geoffrey Smith, Bill Steele, Lynette Marks and myself.

The weather conditions on the day treated us well, achieved the target quantity of material in not too many hours. As well as the weather making the day enjoyable, our hosts Pariya and Peter provided a very social and friendly atmosphere. Thank you to both of you.

Please watch out for the launch of the firewood raffle fund raiser, we just need to work the details through a committee meeting and get organised.

The club's 53rd AGM was held on Monday 6th December. Considering the COVID status, the attending numbers of 19 members was a pleasing outcome. Probably as a reflection of COVID concerns, the apology numbers were 16 this year.

I will not bore you with an account of the usual formal meeting business. The following is some of the AGM's general discussion items –

- The SDHB Life Style gym has been closed, for refurbishment work. Currently we have a temporary gym and table tennis facilities set up in what was known in the past as the Children's Pavilion.
- Three of our gym Supervisor Physios have moved away from Dunedin. They are - Ashley and family who have moved to Gisborne, Christine to Invercargill and Chloe to Wellington.



*Pariya Gathers Pinecones*

- The memorial to our physio Kirsty Moffett, was unveiled in the Physiotherapy Department's Waiting Room on the 13th Dec 2021. It is a mounted scenic picture taken from the Heyward Point area looking towards Aramoana Beach and the Otago Peninsula. Kirsty enjoyed running in this area. The Otago Phoenix Club provided the plaque that is attached to the picture (Keith has included a photo of the plaque in his "President's Word").

**Brent Marks,**  
(Club Secretary)

## Treasurer's Word



### Club Subscriptions

The recent mailout to all members regarding subscriptions due has met a very good response. Thank you to all those who have paid. To those that meant to, but forgot, the email that was sent out is repeated below. If you're not sure if you've paid your subs or not, please contact me to check. My contact information is at the end of the message repeated here...

It's Subscriptions time again. As you know the Club depends on subscriptions for the money it needs to provide services to members.

The last AGM (December 2021) confirmed the Committee's recommendation to hold subscriptions and gym fees at the previous level.

**The subscription now due and payable for the 2022 year is \$30.**

**Subscriptions may be paid by direct deposit to the Otago Phoenix Club's Westpac Bank Account: Account No... 03 0903 0382417-00**

**Please include your name and "Subs 2022" in the reference field.**

Alternatively you may continue to pay in cash at the gym door. Please remember cheque payments can no longer be made.

Thank you all.

Please contact me, the Treasurer, if you're unsure if you've already paid.

Regards,

**Chris Worth**

Treasurer ( 021 662 818 or treasurer@otagophoenix.nz )



## Joke Time from John Young



### The Engineer

An engineer dies and reports to the pearly gates. St. Peter checks his dossier and says, “Ah, you’re an engineer — you’re assigned to hell.”

So the engineer reports to the gates of hell and is let in. Pretty soon, the engineer gets dissatisfied with the level of accommodations and starts designing and building improvements.

After a while, they have got air conditioning and flush toilets, escalators, elevators and so on .. and — the engineer is a pretty popular guy.

One day, God calls Satan on the telephone.

“So, how’s it going down there in hell?” God says.

“Hey, things are going great. We’ve got air conditioning and flush toilets and escalators. There’s no telling what our engineer is going to come up with next!” Satan says.

“What??? You’ve got an engineer? That’s a mistake — he should have never gotten down there; send him back immediately!” God says.

“No way. I like having an engineer on the staff, and I’m keeping him!” Satan says.

“Send him back up here or I’ll sue!” God says.

Satan laughs uproariously and answers:

“Yeah, right. And just where are YOU going to get a lawyer?”



### The Snail With Attitude

A guy is sitting at home when he hears a knock at the door. He opens the door and sees a snail on the porch. He picks up the snail and throws it as far as he can. Three years later there’s a knock on the door. He opens it and sees the same snail. The snail says: ‘What the hell was that all about?’



### Breakdown

A man and his wife are awakened at 3:00 a.m. by a loud pounding on the door. The man gets up and goes to the door where a drunken stranger, standing in the pouring rain, is asking for a push.

“Not a chance,” says the husband, “it is 3:00 in the morning!” He slams

the door and returns to bed.

“Who was that?” asked his wife.

“Just some drunk guy asking for a push,” he answers.

“Did you help him?” she asks.

“No, I did not, it’s 3 a.m. in the morning and it’s pouring out there!”

“Well, you have a short memory,” says his wife. “Can’t you remember about three months ago when we broke down, and those two guys helped us? I think you should help him.”

The man does as he is told, gets dressed, and goes out into the pounding rain. He calls out into the dark, “Hello, are you still there?”

“Yes,” comes back the answer.

“Do you still need a push?” calls out the husband.

“Yes, please!” comes the reply from the dark.

“Where are you?” asks the husband.

“Over here on the swing,” replies the drunk.



*John*

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“I told him as an expert in the field I strongly recommend wearing it, but he just kept bringing up his ‘rights.’”



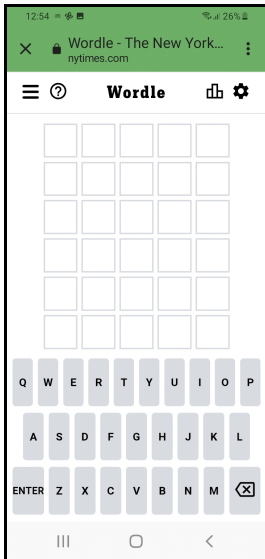
## Wordle - from Dave



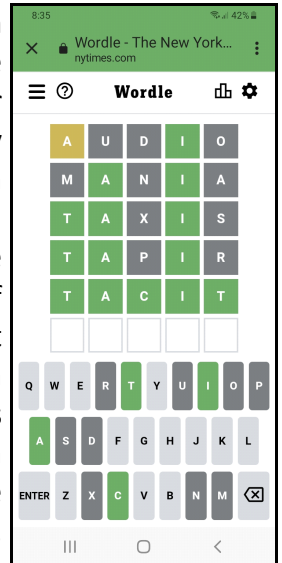
With apologies to those members without Internet access, I would like to comment on a word game that seems to have sparked the interest of a few friends and family members.

Many Club members may have already discovered the daily word puzzle “Wordle” especially after reading a recent ODT article (Monday 21 Feb.). Originally created by Josh Wardle from [powerlanguage.co.uk](http://powerlanguage.co.uk), it has been bought by The New York Times. The game can be accessed by smart-phone or computer at...

[www.nytimes.com/games/wordle/index.html](http://www.nytimes.com/games/wordle/index.html)



It comes with its own instructions, but basically, you have six guesses to discover a five-letter word and there is a new word every day. Initially the grid is blank as in my first screen-shot on the left and as you type in your guesses, you are given clues denoted by the colour of the squares. Green means that letter is in the word and the location is correct. Yellow means the letter is in the word but not at the location you have guessed. Grey means the letter does not occur in the word. Deciding on a good starting word



can be useful but each choice must be a valid word. I guess now that the NY Times runs it, we can expect some American spellings!

My second screen-shot is an example of one of my attempts, where it took me five guesses to find the word.

If you get to like playing this game, there are many similar spin-off games, mostly in the form of downloadable phone apps. There is even one that involves finding four words at the same time. To play that one, go to...

[www.quordle.com](http://www.quordle.com)

Happy puzzling!  
**Dave** (Ed)



## HOW SMART IS YOUR RIGHT FOOT ???

This is bizarre!

How smart is Your Right Foot? ?

Just try this. It is from an orthopedic Surgeon.....

This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't.

It's preprogrammed in your Brain!

1. WITHOUT anyone watching you and while sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

2. Now, while doing this, draw the number "6" in the air with your right hand.

Your foot will change direction.

I told you so!!!

And there's nothing you can do about it!

Send it to your friends and frustrate them too.



**If you have Covid-19 symptoms**

**Call your GP if possible, or call Healthline (for free) on 0800-358 5453.**

**For more information visit <https://covid19.govt.nz/>**

## A Day Aboard R Tucker Thompson - Chris Worth



Back in the days when we thought the pandemic might be over after the early lockdowns, we took a trip to Pahia. The R Tucker Thompson is based in nearby Opuia. She is one of New Zealand's very few tall ships. The main purpose of the R Tucker Thompson Sail Training Trust is to provide confidence-boosting teamwork training and life-changing leadership development for underprivileged young people.



The opportunity to spend a day aboard a tall ship was too good to pass up.

We caught the ferry to Russell where the cruise began. Once aboard, there's a short safety briefing naturally, then it's out into the Bay of

Islands for the day. The daily itinerary may change depending on the weather, but it includes lunch and the opportunity to go ashore and explore an island. The crew certainly encourage you to make the most of your day aboard. Like

climbing the rigging!—>

And steering the ship!

Going ashore on an uninhabited island allowed us a glimpse of a scene almost unchanged from 200 years ago.



**The R Tucker Thompson anchored in the bay---**

We were lucky that the wind cooperated and the trip back to Russell was under full sail. A yacht sailing back to port fell in beside us, and both boats made a race of it. To my surprise, the much larger Thompson more than held her own and reached a top speed of just under 10 knots.



**All sail set!**



**Setting the mainsail**



**Back in port, the crew taking in the topsails**

A really different way to spend a great day!

*Treasurer Chris*

**Newsletter Articles Needed**

I am always on the lookout for articles of interest to members so if you have a topic of interest or hobby that you would like to share with our club members, I would be very pleased to hear about it. You can email an article to me at [heartbeat@otagophoenix.nz](mailto:heartbeat@otagophoenix.nz) or if you do not have Internet access, you can phone me on 487-6195 to work out another method.

*Dave (Ed)*

## The Otago Phoenix Club

### 2022 Office Bearers and Committee Members

(As elected at the AGM on 6 December 2021 - Details supplied by Brent)

#### Officers

President : Keith Tricker  
Vice President: No nominations  
Treasurer: Chris Worth  
Secretary: Brent Marks  
Examiner: Rob Hart

#### Committee Members

Lynette Marks  
Tess Molteno  
Victor Elliott  
Dave Edwards

*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)