



Quod scriptum  
est manet

# Heartbeat

The newsletter of  
**The Otago Phoenix Club**  
Registered Charity number **CC53362** (1/6/2016)  
*Cardiac rehabilitation since 1968*

[www.otago phoenix.nz](http://www.otago phoenix.nz)

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## President's Word

Hello everyone.

Welcome to the final edition of Heartbeat magazine for 2022.

With Xmas around the corner maybe a time to reflect on the year gone by.

It has been a tough year for The Phoenix Club and its members, Covid once again being the main issue. The gym and table tennis had just got into good numbers when we had to suspend due to high numbers of cases

in Dunedin and this took us through to June.

The outbreak of Covid also cancelled The Heart Foundation collection day which The Phoenix Club is always a part of with the club providing volunteers.

As we moved into the second half of 2022 the club struggled with attendances to the gym and table tennis sessions, which was understandable, but towards the latter half of the year attendances have improved, which is positive for the club.

Unfortunately the Phoenix Club committee made a decision, due to time restrictions and with the year coming to a close, to cancel the mid-year dinner and the wood raffle, both popular events on the club's calendar, but hopefully they will be back next year.

It is AGM time again. How time comes around. It just seems like

yesterday that we had the last one. Much of the information for the AGM can be found in this edition of Heartbeat.

The committee would just like to ask for any donation for the AGM hamper raffle to be dropped off at the gym sessions on Mondays & Thursdays ( door open between 6:30 pm and 7:00 pm) or get in touch with a committee member to have it collected. All donations will be appreciated.

Just a reminder to those attending the AGM that all officers and committee members retire and new elections take place. Please refer to the extract of our constitution on page 5 for details of the election process. We were short of committee members last year so it would be good if we could get more numbers on board the Committee.

From a personal point as I come to the completion of my second year as club President, I would like to thank all members for the support and encouragement you have given me while in the role. You are a wonderful group and have become an important part of my life. For that I thank you.

Well that's all from me for now. I look forward to catching up with you all at the AGM. I know a few members will be unable to be there so if that applies to you, I will take the opportunity now, to wish you a Merry Xmas and a safe and Happy New Year.

Regards,  
Keith Tricker, President



## Otago Phoenix Club 2022 AGM

Date: Monday 12<sup>th</sup> December 2022      Time: 7.00pm

Location: Lawn Bowls Stadium, 38 Tahuna Rd, Dunedin

### Secretary's Word

***The CLUB NEEDS YOUR HELP!!!***

***There are vacancies for various Club Officer and Committee member positions. These are to be filled by election at the upcoming AGM.***



***You will see that a copy of the club's "Nomination Form" has been included on pages 5 and 6 of this newsletter for your use if required.***

*If you would like to serve on the committee please return a completed form to the Club Secretary. If you have questions, any of the current committee members will help.*

*There are no constitutional rules covering the timing of the returns, the Secretary will accept them via email prior to the day of the AGM, or a printed version delivered at a gym session, or on the day but prior to the AGM.*

**The Committee comprises:**

- **The Officers - President, Vice-President, Secretary, and Treasurer**
- **Committee - Between four and ten committee members**

### **Exercise Session Dates**

Just a final note about the End and Start dates as we move into our Christmas break.

Last Session for 2022 is on **Thursday 15 December**

First Session in 2023 is on **Monday 16 January**

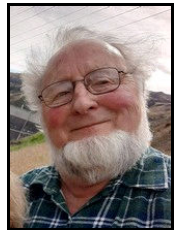
Brent Marks

Otago Phoenix Club Secretary

Email [secretary@otagophoenix.nz](mailto:secretary@otagophoenix.nz)

### **Annual Performance Report**

This is the time of year that your Phoenix Club prepares for its AGM and various reports and documents get distributed to members. From when The Otago Phoenix Club became a registered charity in 2016, we have been required to produce an annual Performance Report and our treasure Chris has provided the following extra information to explain some of the finer details of this report which hopefully, by now, you will have had the opportunity to view.



Dave (Ed)

## Performance Report tells the story



Many members of the Club will be familiar with looking at traditional accounts, those with a profit and loss (or income and expense) account and a balance sheet. Fewer may be familiar with the “Performance Report” we now produce and is part of the Annual Report package. The performance report includes information not normally included in a traditional set of accounts.

The present format has been required for a few years now. While there are a lot of words in the report, there are just a couple of things I wish to highlight.

The first is in the Statement of Service Performance, on page 3. A big title, but some really important information is included here. The first number in the table is the number of hours members spent in supervised gym sessions.

Pre-Covid, we achieved close to 2,000 hours a year. Last year Covid disruptions reduced that number to 1,437, but this year is much lower, at 600. This is partly because we could only operate 56 instead of the normal 90 gym sessions this year. Also, the number of members attending those sessions has dropped to about half of what it was pre-Covid.

The other important indicator of Club health on that page is membership- down from 76 to 59. This decline is a serious worry. It also has a lot to do with Covid- which has disrupted our membership “pipeline”.

You might get a different story from the more traditional elements of the Performance Report. We made a small surplus (of \$229, on page 4) and the money we have on hand went up by the same amount.

This sounds like a success story, but is it? We only achieved a surplus by not being able to operate during Covid. Look at the Gym and activity fees (Note 2, page 6, which closely match gym attendances) and the payments for supervision (Note 3, page 7). We operated at only 80% of last year’s level, which in turn was only 75% of normal. In 2022 we could run only about 60% of a normal year’s gym sessions.

We are soundly financed. The Club can readily do what it has always done. What we really need now is new membership. Covid might be out of our hands, but it would be nice if the worst of its disruptions were behind us.

*Treasurer Chris*

# THE OTAGO PHOENIX CLUB

## Annual General Meeting

### Monday 12th December 2022

### Nomination Form



In accordance with sections 7.0 and 8.0 of our constitution, at the AGM, we will elect the Officers and Committee Members for 2023:

#### **7.0 Officers**

- 7.1 The Officers of the Club are the President, Vice-President, Secretary, and Treasurer.
- 7.2 The Officers of the Club are elected at the Annual Meeting.
- 7.3 To be eligible for election as an Officer of the Club, a member must be financial, be nominated and seconded by financial members of the Club, and have indicated their willingness to be nominated.
- 7.4 All Officers of the Club are eligible for re-election.

#### **8.0 Committee**

- 8.1 The Committee comprises the Officers of the Club, a representative of the supervisors of the exercise sessions, and between four and ten other members as elected at each Annual General Meeting from among the financial members of the Club.
- 8.2 The Committee has power to co-opt up to two additional members onto the Committee.
- 8.3 All Committee members, including Officers, retire at the Annual General Meeting. Retiring members of the Committee, including former Officers of the Club, are eligible for re-election.

See the following page for the form that you can use to nominate a member for a position on the 2023 committee, along with instructions about completing and returning the form.

### Instructions For Completing a Nomination Form

Please make sure that you are familiar with the extract from our constitution on page 5 of this newsletter.

If you have received a printed copy of Heartbeat, simply cut out pages 5 and 6 (double-sided) and fill out the form.

If you receive Phoenix Club information by email, you have probably already received an AGM nomination form. If you have access to a printer, either print that form or print this Heartbeat page and complete the printed form.

If you are unable to print your own nomination form or need extra forms, please contact our secretary, Brent, who has spare copies.

Nomination forms should be returned to our secretary. See Brent's comments on page 3 regarding the return of the forms.

## The Otago Phoenix Club

### Officers and Committee Members Nomination Form

**AGM Monday 12<sup>th</sup> December 2022**

We, .....

And, .....

Hereby nominate, .....

For the following position(s) (tick)

President	<input type="checkbox"/>
Secretary	<input type="checkbox"/>
Committee Member	<input type="checkbox"/>

Vice-President	<input type="checkbox"/>
Treasurer	<input type="checkbox"/>

Signature of Nominee (signifies willingness to stand) .....
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## Heart Foundation Update



Kia ora, my name is Janette White and I am the Heart Health Advocate for Otago, my role is to support the community of Otago in all things heart-related, I do this in many ways, working with primary and secondary care, support groups and out in the community doing pulse and heart checks, having those all-important heart health conversations around lifestyle but also identifying those that are at a higher risk of developing heart disease and then referring them back to their health professional for a follow-up.

The Heart Foundation's purpose is to stop all people in New Zealand dying prematurely from heart disease and enabling people with heart disease to live full lives. There are 175,000 people living with heart disease in NZ and every 90 minutes a New Zealander dies of heart disease. The Heart Foundation has invested 85 million into research since 1968, a large amount of that money has been spent in Otago at the Otago University through different research programs.



*Janette with Riiti Conway, Pulse Checking at the Moana Nui Festival*

As members of the Phoenix Club, you will all be aware of the benefits of physical activity but sometimes it is good to remind ourselves about the benefits of living a healthy lifestyle. Healthy living is about choices, some big ones and lots of little ones, there's heaps that we can do to keep our hearts healthy what ever age you are. Some of the lifestyle changes we can make are:

- If you smoke quite, stopping smoking is the best thing you can do for your blood pressure and health.
- Eat and drink for a healthy heart – eat real foods that are close to their natural state, eat less processed foods and salty takeaways, eat less sugar and saturated fat.
- Take the saltshaker off the table.
- When cooking use herbs, spices, chili, garlic, lemon or vinegar instead of salt.
- Have a least 2 alcohol free days a week and if you do drink alcohol,

have a maximum of 1 to 2 drinks a day for women, and 2 to 3 drinks a day for men.

- Move more, sit less, walk or bike rather than drive, when possible, take the stairs not the lift.
- Manage your weight, drink water instead of sugary drinks use smaller sized plates, fill up on non-starchy vegetables.
- Manage your stress, with everything that is going on in the world life can get very stressful, some of the things that we can do to help are:
- Enjoy exercise every day, take a break for yourself, learn to say no if life is getting too hectic, get 7-8 hours' sleep a night, talk about how you are feeling, too many of us tend to ignore our feelings and suffer alone when the opposite is much more effective.
- Keep taking your medications, set reminders to take your medications every day at the same time, if you have been given medication it is for a reason.

Lastly just a little bit about **covid** and the affects it has on your heart.

With some people Covid 19 can cause their heart rate to become fast or irregular in response to fever or inflammation, as your heart works harder to pump more blood around your body to fight the infection.

Changes to your heart rate can also happen for other common reasons, including dehydration, anxiety, medications, as well as other health conditions. Palpitations are not usually a cause for concern but it's a good idea to get medical attention if your worried about them, or if the palpitations last a long time, do not improve or get worse, or if you have a history of heart problems.

Researchers are still looking into why people might experience changes to their heart rate after covid, but it's thought that this could be due to the virus and the immune response. There is still a lot of research to be done and I will keep you updated in the coming Months.

With under eight weeks until Christmas, it is a busy time for all, remember to take time for yourself and have joyful celebrations with family and friends. Please feel free to call into our office at 206 Hanover Street anytime for a coffee and chat.

Janette White  
Heart Health Advocate





## Joke Time



Just a Few One-Liners From Peter Williams



Swearing is the last resort of the desperately inarticulate

1000 Aches = 1 Megahertz

Genius has its limitations, but stupidity is not thus handicapped

I've always wanted to be somebody, but I should have been more specific

The early bird gets the worm; but the second mouse gets the cheese



**Remembering a Phoenix Club Pioneer  
Nancy Grant (1930 – 24 March 2022)**

**By  
John Roxborough**



Nancy Grant was among the pioneering group associated with the medical researcher Ted Nye and physiotherapist Gay Wood that from 1968 set the Otago Phoenix Club on its feet.



*Nancy at Our 50th  
Anniversary in 2018*

Nancy began her involvement in 1972, having been approached by the Otago Hospital Board to assist Ted Nye. Her support was remarkable and continued into to her final years. She often sent warm personal greetings to our AGM meetings, and she was present for our 50<sup>th</sup> Anniversary in 2018.

Her initial role included lectures to heart patients returning home from hospital. She developed the gym programme and got involved in other club activities far beyond her paid hours. Among her

initiatives was a walking group, which extended into running for some and then tramping, including doing the Milford Track in 1973, which was followed by the Routeburn and the Holyford. After three years of these significant tramps, Nancy collaborated with Ted Nye in a letter to the *Lancet* in 1976 setting out the benefits of the exercise programme and documenting the effect on cardiac capacity that the Phoenix Club was providing.



*Nancy Off On a Tramp*

Some of us have personal memories of Nancy. In 2018 Colin Fitzpatrick recalled her great ability to get people to do physical activities they did not think they could do. When she

passed away in Christchurch aged 92 after a brief illness, her obituary in the *Dominion Post* made particular mention of her work with us.

“On March 24, 2022, Nancy Grant... An accomplished pianist, career physiotherapist and devoted wife, mother, and grandmother. An innovator in post cardiac rehabilitation, a board member in the National Heart Foundation and active in post cardiac recovery through the Otago Phoenix Club. Nancy was notable for promoting physical activity after a heart attack, when bed rest was the recommended treatment. Her empathy and encouragement extended the quality of life for heart attack patients at a most vulnerable time, a wellness concept which we take for granted today. Always conducting herself with style; Nancy was in her element surrounded by her garden, her piano, her family, and her many friends.”<sup>1</sup>

Nancy is survived by her husband Ron and their extended family around the world. As well as Nancy herself Ron was remembered by early members of the Club for being roped in to the Phoenix activities, including the running and walking groups, and the tramps.

***John Roxborough***

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<sup>1</sup> Extract from: <https://deaths.dompost.co.nz/nz/obituaries/dominion-post-nz/name/nancy-grant-obituary?pid=201688521>

### **Name Tag Reminder**

All members should have been provided with a name tag when they joined. Apart from helping members to get to know each other, these labels are designed to let our physios distinguish between members who have and have not undergone a heart procedure. Recent labels also display the member's NHI number on the reverse side. Please wear your name tag at the gym and see Brent if you feel it needs up-dating.

Dave (Ed)

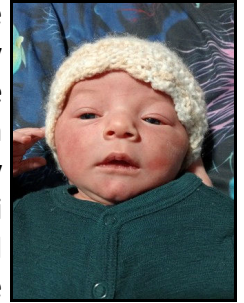


## An Update From Ashley

### Some news to share with the Phoenix Club

### Another Addition to the Mountfort Clan

Kia Ora Phoenix Club whanau! I hope you are keeping well and active amongst the daily challenges. We are keeping busy in Gisborne, though we still miss Dunedin. Isaac is loving school. Ruth has joined a preschool rugby team and now wants to play rugby everyday! On 31st August, we welcomed Charlie Manaaki Archie Mountfort into the whanau. So our busy household just got busier three-fold! Everyone's doting though and we are well.



Love from Ashley, Peren, Isaac, Ruth and Charlie.

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Proud to be associated with *Heartbeat* and The Otago Phoenix Club



*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)