



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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President's Word

Hello everyone,

Welcome to the first edition of Heartbeat for 2023. Hope you are all enjoying the great summer we are having. What lovely weather.

The club has had a good couple of months start to the year. Attendances have been quite good in the gym and we have three new members, referred by Dianne Body. Also the table tennis room is getting

used on a regular basis which is good to see. However, there may be some changes soon with our table tennis location. We will keep you informed.

One disappointment the club had was due to a communication glitch. We were unable to get a site for the Heart Foundation collection day, which was unfortunate for all those who enjoy helping out on that weekend but hopefully we will be back involved next year. Let us hope the weekend went well.

The Phoenix Club committee had their first meeting of the year on 26th January. Invited to join the meeting were Leanne Barclay and Dianne Body, to discuss the issue regarding new ways to increase the membership of the club. This had been discussed at the 2022 AGM. It was decided to re-design The Otago Phoenix Club pamphlet and for John Roxborough to work alongside Leanne and Dianne to achieve this. The committee will re-convene shortly to

discuss the outcome and members will be informed when the new pamphlet is ready.

The club hopes to plan this year's social events well in advance and one such event will be the mid-year meal. If you recall, the last one we had was a Sunday lunch at Equinox Restaurant and Bar, which was a great success, so we will be sending out a survey by email to find out your preferred location. Those who are not on email will be contacted by phone. Other events are the yearly raffle of a trailer load of wood along with a day at Peter and Pariya Williams' collecting cones and log splitting; always a social day but of course this has to be confirmed by Peter and Pariya. I would like to have a Sunday picnic in one of Dunedin's lovely gardens although we are running out of the good weather time but Autumn can be nice. The committee is open to any ideas so please let us know.

We are looking for members to go on the roster for supervising the door on gym/table tennis nights. It is a good way to get to know everyone and it helps out the club. There is a sheet on the club notice-board at the entrance door and your help would be appreciated.



In mid-December last year the parents and family of Kirsty Moffett, who passed away in a tragic motor accident in 2021, visited Dunedin to meet her friends and fellow work-mates from the Physio Department.

Whilst in Otago,

Sam and Hazel Moffett walked some of the tracks that Kirsty had enjoyed walking on and speaking with them at a Luncheon put on by the Physio Department, they remarked to me that, walking the tracks, they felt close to Kirsty.

Four members of the Phoenix Club attended the luncheon and it was a pleasure to meet Sam, Hazel and family.

Also on their visit, they went to Roxburgh to place a memorial plaque at the Roxburgh Golf Club in memory of Kirsty, so if any of her friends are passing through please look in and say hello to Kirsty.



A few weeks ago on a Thursday gym night we had two visitors from Canada; friends of Colin and Christine Fitzpatrick, Elizabeth Kaegi and George Dutton. I believe they were from Vancouver and they really enjoyed the night. To end the evening a group photo was taken and



although the photo is on the Phoenix Club Facebook page, it is reproduced here for the benefit of members who receive the printed Heartbeat.

Well that's all from me. Take care everyone and stay safe. See you on gym nights.
Cheers, **Keith Tricker** (President)

Secretary's Word

Otago Phoenix Club Secretary's AGM Report



On Monday 12th December 2022 the club held its 54th Annual General Meeting. Considering the background of several years of COVID restrictions and health concerns, the turnout of 19 attending the meeting was acceptable.

Each AGM considers the Committee's recommendation for the following year's annual membership subscription. Again the subscription was held at that of the previous year i.e. \$30.00 per annum.

The new Office Bearers and Committee were elected without any necessity for selection voting. There still remains a vacancy for Vice President - we have been running with this vacancy for a few years now, best that this was not so! The Committee Members are -

Officers

President: Keith Tricker
Vice President: *No Nomination*
Treasurer: Chris Worth
Secretary: Brent Marks

Committee Members

Lynette Marks
 Colin Fitzpatrick
 Eric Higgins
 John Roxborough

Winners of the Raffle Drawn at the AGM

48 Red (Robyn Booth), 37 Red (D. Isaac), 95 Yellow (Jan)

Brent



Treasurer's Word

Otago Phoenix Club Members Subs Payments

The Club's Committee has deliberately kept the subs as low as possible for the last few years so as not to discourage members from joining, staying connected or participating because of cost.

We are as acutely aware as everyone else in the community of the impact of rising prices on the older cohort of the population, from which we draw our membership, most of whom are on a fixed income.

For this reason, we have held the subs at \$30 and the gym attendance fee at \$1.

The response to the request for members to pay their sub for the 2023 year has been really pleasing.

By my records, we have 61 active members, including two new members who have joined us this year. So far, we have collected \$870 in subs, which represents 29 members or 48% of the membership. Well done!

We have halfway still to go. Remember, you can pay by direct credit to the Club's bank account at Westpac Bank:

Otago Phoenix Club Account No. 03-0903-0382417-00

Put your name and Subs 2023 in the reference/particulars fields.

Payments can also be made in cash at the gym door.

Donations and the Ted Nye Studentship Fund

The Club is a charitable entity and is able to receive donations and issue receipts which are eligible for claiming a charitable donation tax rebate.

Donations for both the Club itself, and the Ted Nye Studentship Fund qualify.

There is no special fund-raising project in respect of the Studentship Fund at present. Donations are passed on to the Otago University Foundation Trust which invests the money to provide prizes for students working in the field of cardiac rehabilitation. The details of the Fund's income, outgoings and position are published in our annual accounts each year.

Donations are welcome at any time, but donating at this time of year (up until 31 March) will qualify for a rebate from your tax to 31 March 2023.

If in doubt, ask the Treasurer.

Treasurer Chris

Remembering Bev

On a rainy Sunday 5th February, John Roxborough led the Memorial Service for



Bev Young who passed away on Saturday 23rd April 2022. The service and the interment of Bev's ashes took place at the Anderson's Bay Cemetery and was attended by a large group of family and friends including some Phoenix Club members. After the service, afternoon tea was

available at Gillions Funeral Services where one or two speeches were given and reminiscences of Bev were shared.



Covid Information

If you need information about the new booster vaccine available from 1 April or about any of these Covid19 related topics, the government website to go to is www.covid19.govt.nz

Travel to New Zealand	Get a test
COVID-19 symptoms	How to self-isolate
Household Contacts	Financial support
Wear a face mask	Weekly case numbers
Close Contacts	Long COVID

Or if you don't have Internet access, for COVID-19 health advice call the dedicated COVID-19 Healthline, 24 hours a day, 7 days a week on 0800 358 5453

Geoff, Lorraine, Heather, Mike, Iona,

Hannah and Nathanael.

*express their heartfelt thanks for the flowers, phone calls,
cards, letters and visits received at Andrews passing.
Your thoughtfulness has been greatly appreciated.*

*Andrew fought pain and disabilities with courage
over many years.*

He is now at peace.

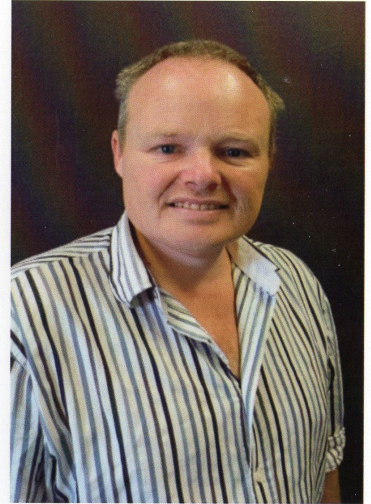
Memories will ease our sorrow.

*Thankyou to all the Phoenix Club for
your kind and kind words at Andrews
passing. The love and kindness
we have received has really help in
easing our sadness.*

Regards

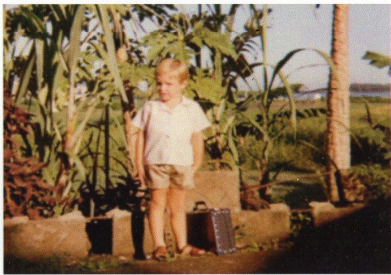
Lorraine, Geoff + Family.

We Remember



Andrew David Grenfell

16 December 1970 - 26 January 2023



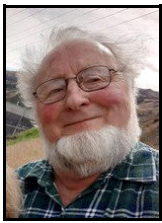
February 1976 Lautoka, Fiji.
Off to school on his first day.



1983 Heather and Andrew navigate the Union
Auckland to Port Charlmers



*May 1990 Andrew enters the Hydrographic Branch,
Royal New Zealand Navy.*



Growing Mushrooms from a Kit - Dave (Ed)

It all started because of a Christmas present. In April last year Lois and I had given our son a mushroom growing kit for his birthday and although he is yet to find time to get it started, it gave Lois the idea of giving me a similar one for Christmas.

There are several companies producing mushroom growing kits with a number of different mushroom varieties available and they can be bought locally at such stores as Mitre 10 and Bunnings. We have now discovered that there are two slightly different systems. In the case of the one we bought for our son, the kit contains a bag of the growing medium but you don't receive the mushroom spores until you make an application using a coupon included with the kit. This presumably is to guarantee that the spores are in the best possible condition when you are ready to start the process.

In the kit that I received, everything was pre-mixed and sealed in a plastic bag inside the cardboard box. The mushroom variety was Italian Oyster. The instructions on the outside of the box, suggested storing the kit in the fridge until we were ready to start the process and considering it had been sitting wrapped under the Christmas tree for a couple of weeks, we were probably lucky to get anything at all to grow from it!

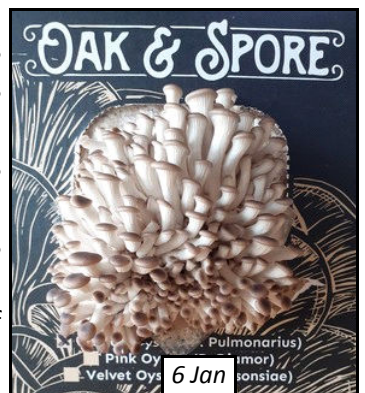
I started the process very early in January by removing a perforated square from the side of the cardboard box and making an X-shaped cut in the plastic bag with a sharp sanitised knife. A fine water spray was used several times a day to keep the exposed contents moist.



5 Jan (Pinning Stage)

6th and 7th of January.

After a few days the stage known as "pinning" could be seen where the mushrooms begin to appear as small pin-heads. Growth was then very rapid as can be seen in the photos of



6 Jan



It seems that the dome of the Italian Oyster mushroom is slightly concave and the time to harvest them is just before the dome start to wrinkle at the edges and become convex. This stage was reached on 8th January and the next photo



after they were picked. This first picking amounted to 400 grams of mushrooms and the instructions advised to store them in a paper bag in the fridge. Over the next few days I enjoyed them either as Mushrooms on Toast or as an additive to one of our regular meals.



The instructions also said that we could expect a second or even a third crop, just by repeating the process of regular spraying to keep the humidity up and by 15th January another crop was under way. The photo of 16th January shows the wrinkling around the edges of the

mushroom domes as they start to become concave. This crop weighed in at 170 grams when picked.



While hopefully waiting for a third crop, I noticed that growth was appearing towards the



edge of the box, so I cut back the cardboard and the plastic to allow that to happen and by 31st January, a third crop was ready for picking. This time the weight was 100 grams.

Overall, an interesting chance to try a mushroom variety that I had not experienced before.

Dave (Ed)



Joke Time from June Steele



Doctor: I have got the results of the tests we did on you. There's a piece of good news and a piece of bad news?

Patient: What's the good news?

Doctor: You have just one day to live.

Patient: And the bad news?

Doctor: I should have told you this yesterday.



If you really want the last word in an argument, try saying: "I guess you're right"



Wife: "What's the idea? You yawned four times, while I was talking to you."

Hubby: "I wasn't yawning. I was just trying to say something."



Son: "Mum, I had a dream last night that you gave me \$100 for summer clothes. You wouldn't spoil that dream, would you?"

Mum: "Of course not Son. Go ahead and keep the \$100"



Master: (to his servant) "Why didn't you water the plants today?"

Servant: "It was raining Sir"

Master: (angry) "Why didn't you use your umbrella?"



Nobody likes Me - The mother was having a hard time getting her son to go to school in the morning.

"Nobody in school likes me," he complained.

"The teachers don't like me, the kids don't like me, the superintendent wants to transfer me, the bus drivers hate me, the school boards want me to drop out, and the custodians have it in for me. I don't want to go to school."

"But you have to go to school," countered his mother. "You are healthy, you have a lot to learn, you have something to offer others, you are a leader. And besides, you are 45 years old and you are the principal?"



Keeping the doctors away:

While visiting a friend who was in the hospital, noticed several pretty nurses, each of whom was wearing a pin designed to look like an apple. I asked one nurse what the pin signified.

"Nothing," she said with a smile, "it's just to keep the doctors away".



Picasso paintings were displayed in a gallery, An old lady could not understand the abstract art and the meaning of the paintings, Quite disgusted, she looked from one picture to another until she stood before a picture of an old woman. She said "Oh, how ugly!"

The attendant answered; "That's only a mirror!".



June

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Story From John Roxborough



A friend, Ruth Blaikie, posted stories about her father, who I remember as something of a legend as a baby doctor in West Auckland, but I did not know about his background as a missionary doctor in Kenya where he had earlier spent his childhood. Since I think most of us are unlike Doc Martin we should be able to cope with this account of a spleen operation in Kenya in the 1950s.

"A male patient was brought in having been knocked off his pushbike (obviously no protective gear) by a truck travelling at speed on a dirt road. His worst injury was that he was bleeding internally, quite massively, as his spleen had been damaged (it is the blood filter organ, which helps with our immunity and bleeds profusely when damaged).

Dad had no choice but to remove it, but he had to figure out how to do that in a rural village hospital as the patient needed an urgent blood transfusion to replace all the blood he was losing and would naturally lose during the op.

Most other staff didn't want to assist – thinking it was pointless –except for an anaesthetist, one young med student and a nurse. (Remember this was in a fairly remote hospital in the early 1950s without the modern-day equipment and facilities that we take for granted now.)

The only way that Dad could save the patient's life was to rig up a way to keep the blood going in as they just didn't have the necessary equipment. He was once again terrified, prayed A LOT, but kept his head. He got a plastic funnel, attached some rubber tubing to it and rigged up an intravenous line into the guy's arm so the blood could follow its natural course and supply the essential organs of the body to keep him alive. There was no blood bank to call on, so he got the student to get a soup ladle from the hospital kitchen, and once the op began the guy had to scoop out the patient's own (warm) blood with the ladle as it steadily leaked out, and pour it into the plastic funnel that he constantly held up so it flowed down the rubber tubing and was recycled directly back into the patient's body. It worked a treat and saved the man's life. My genius Dad!!"

We have a lot to be grateful for about modern medicine, and those who make do in emergency situations!

John



Hi all,

Did you know that if you have an appointment at the hospital or your medical centre that St John provide a shuttle service that will come to your home and collect you, take you to your appointment then collect you and take you home all for a small donation. No more hassles finding parking or driving in busy traffic. If you are interested contact 0800 103 046.

Regards, **Eric Higgins**

St John Health Shuttle
South Island

0800 103 046

Bookings essential, at least 24 hours prior to appointment
In an emergency dial 111

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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