



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

Hi everyone,

We must apologise for the lateness of the club's magazine as we have incurred a few delays both technical and human.

Well winter is well and truly on us; no snow to speak of, so that is a plus. In fact we had a small Indian summer at the beginning. I hope you are all managing ok and keeping the

flu and colds at bay. Fingers crossed we are through the worst and can look forward to spring.

The gym attendance has been good. We are regularly getting between 10 and 16 each night; one night we had 18, a bit crowded but we managed. Also the table tennis room is being used on a regular basis; great to see; keep it up.

On the subject of the gym we have had visitors recently. Family members of June and Bill Steele, Nigel and Muriel, from Calcutta, India. I hope you are both enjoying your stay in Dunedin, and at the gym Nigel is giving the club's hot table tennis players a run for their money. Well done Nigel; enjoy the rest of your stay.

Sad to say one of our physios has left us to travel for a while. Ruby whom we know as teaching us the Macarena and the Coconut dance, which we all enjoyed, left about four weeks ago. We wish Ruby safe travels and hope to see her on her return.

A new physio, Maggie who comes from China, has joined us. Welcome to the Phoenix Club Maggie, we are enjoying your sessions at the gym. See the next page for an introductory message from Maggie.

The club has started a Social Walking Group and it is becoming very successful. It is held fortnightly, usually on a Tuesday but is very weather dependent so alternative days are allocated. Brent and Lynette Marks are the organizers of the group and they will be in touch with members about the day and location of the walks.

On Sunday 30th July the club had its midyear Luncheon at the Waterloo



*Table One*

Hotel. 30 members were in attendance and a good time was had by all. It was a great opportunity for members old and new to get



*Table Two*

together. A raffle was drawn with three prizes.

**1st Prize**, a hamper, won by June Steele  
**2nd Prize**, a New World Voucher, won by Rob Hart

**3rd Prize**, Assorted Chocolates, won by Peter Williams



*Rob Hart Draws a Raffle Ticket*



*June Steele, Nigel and Muriel*



*Peter and Pariya*

## Up coming events at the club

We have been invited again to a BBQ / Pot Luck gathering at Peter and Pariya's property at Chain Hills Road sometime soon. We will be drawing the raffle winners at the function, as well as loading onto trailers the first prize trailer load of firewood, and second and third prizes of bags of pine cones. More information on this soon.

That is about all from me but I will leave on a sad note. On Monday 24th July, one of our members attending the gym session had a cardiac event while on the exercise bike. I would, on behalf of the Phoenix Club, like to thank everybody in attendance that night, on the quick response in assisting the member with CPR and clearing the gym to give the triage team space. Our member is recovering in hospital. On that note Dianne Body is going to run a CPR refresher course on 24th August for any member that wishes to attend. The venue will be the children's pavilion so no Gym on that night.

Cheers, **Keith Tricker**  
President

## Introduction From Maggie Huang

I'm Maggie Huang, physio just started Phoenix class on Thursdays, did two classes so far, and didn't scare away our groupmates according to Dianne.

Here is a wee introduction on myself:

I moved to Dunedin about 7 years ago from China, for my study at Otago University. I have tried several different things in the past, changed job from finance, yoga instructor... to physio. I enjoy working with people as a physio. It is satisfying to witness people's recovery journey. I share the knowledge, and also learn from the people I meet.

I stayed at Dunedin after graduation, enjoying the friendly people and the lifestyle here. I picked up several hobbies along the way, such as mountain biking, dragon boating, Waka Ama, however, haven't been harden up enough to dip in the cold water here yet. I have planned to start practising Tai Chi again in August, happy to share if any groupmates are interested.

Best regards,  
**Maggie Huang**  
Physiotherapist  
Outpatient Department  
Dunedin Hospital

## Secretary's Word



### Otago Phoenix Club Planned Walks

I am writing this article in winter's month of June, and we have completed two of the club's new planned walks, in lovely sunshine and warmth (the weather forecasters smiled upon us). By the time you read this, more walks will have been completed and hopefully, you may have taken part. The first walk was taken straight out of Paul Hayward's "Intriguing Dunedin Street Walks" Book 2. The walk went by the title of "Trains and Trams, Mayors and Racecourses" and it was deliberately chosen for its flat terrain. We covered some of the Tainui, Tahuna and St Kilda area. The guide booklet gave us historical accounts, landmark buildings and lost landmarks. One of our walkers grew up in the Tainui area and offered more local history - so interesting!

Walk number 2 was a real gem - the Dunedin Street Art Trail. Maps and guides are available via a Google search, or the DCC Information Centre in town has a free hand out that contains a route map and information. The DCC brochure is titled "Dunedin A to Z Map" and right in the middle of the page is the Street Art information. What an excellent art asset we have here in Dunedin. On page 6 of this Heartbeat you will find some of my photos of the artwork we saw on the walk.

It is interesting that when in the planning stages, we anticipated finishing each walk at a café but this has not been achieved at the time of writing. Each walk has been so interesting that we have spilt over the time available. Maybe after a later walk.

Keep a watch out for further information in club email notices. We are looking at having these walks at two weekly intervals, Tuesday, Wednesday or Fridays, weather forecast dependent. See you there?



Before I finish, one other item we found on our tour of Dunedin's murals, deserves a mention on its own.

This is my photo of a plaque set in the rock wall on the left hand side of Burlington Street going up. Although the plaque reads that it was found and written by an unknown

person, I found the following on the net. i.e. a little about the writer, and the full verse:

*Thomas Ford, lutenist and composer, was born in England in 1580. Birth date: 1580. Birth town: Country: England. Death date: November 17, 1648 in London, England.*

*Not much is known about Ford, though it is known that he was appointed the position of musician to Prince Henry in 1611, and from 1625 to the civil war, appointed the same position to Charles 1. He was remember principally as a composer of 'ayres', a type of composition developed by Dowland, a melodic prominence is given to the upper voice.*

*Ford's works includes, Musicke of Sundrie Kindes (1607), the first part in which contained several songs, eleven of them ayres, for example; Faire Sweet Cruell, and There is a Ladie Sweet and Kind.*

*Ford also wrote several anthems, one of which being Miserere My Maker, and the famous unaccompanied vocal composition, Since first I saw your Face. He is also noted for his piece in Leighton's The Teares and Lamentations of a Sorrowful Soule. Thomas Ford died, November 17, 1648 in London, England .*

### **There Is a Lady Sweet and Kind by Thomas Ford**

There is a lady sweet and kind,  
Was never face so pleas'd my mind;  
I did but see her passing by,  
And yet I love her till I die.

Had I her fast betwixt mine arms,  
Judge you that think such sports were harms,  
Were't any harm? no, no, fie, fie,  
For I will love her till I die.

Her gesture, motion, and her smiles,  
Her wit, her voice, my heart beguiles,  
Beguiles my heart, I know not why,  
And yet I love her till I die.

Should I remain confined there  
So long as Phoebus in his sphere,  
I to request, she to deny,  
Yet would I love her till I die.

Her free behaviour, winning looks,  
Will make a lawyer burn his books;  
I touch'd her not, alas! not I,  
And yet I love her till I die.

Cupid is winged and doth range,  
Her country so my love doth change:  
But change she earth, or change she sky,  
Yet will I love her till I die.

# Photos From Planned Walk Number 2





## Where are we?

We are now two thirds of the way through the year, and I thought it would be useful to update members on the financial performance of the Club for the year so far.

The Club has kept costs to members steady since we reinstated gym attendance charges and reduced subs in 2020. Members face rising costs in every other aspect of their lives, and the Club does not want to discourage participation in activities because of cost.

Dislocations during Covid have made it more difficult to recruit new members, but we remain on a solid financial footing. We had \$11,900 in cash reserves at the end of the 2018 financial year, well before Covid, and we have \$12,200 today.

A snapshot of our finances:

Total income for the 8 months date	\$3,081
Total outgoings for the same period	\$3,646
Expenditure exceeds income by	\$565

The Committee remains convinced that holding costs and increasing membership is the way forward for the Club. You can help by joining in gym and other activities, and encouraging your friends, who are eligible, to join.

## Subs

We have received \$1,110 in subs from two-thirds of our members. If you are unsure if you have paid or not, email Treasurer Chris on [caronw@callsouth.net.nz](mailto:caronw@callsouth.net.nz) or phone 021 662 818 to ask. Reminder emails will be going out shortly to members who are yet to pay.

*Treasurer Chris*

## Computer Problems - Dave (Ed)



Well, I started out writing an article on stereoscopic photos, a subject that I have been interested in since the 1960s, but this edition of Heartbeat hasn't ended up exactly as it was planned. Disaster struck around the middle of July when I had all but completed the new edition. My old laptop decided to run even slower than usual, one or two other things started to go wrong and things slowly got worse until finally I couldn't even re-start it. I had had a reminder in my on-screen diary for several weeks, telling me to make a backup but I kept pushing it forward in time with the result that by the time it crashed, my most recent backup was from April. So I've learnt a few lessons from not listening to my own advice and I had to excuse myself from doing newsletters until I got the problem sorted out. I used that April backup to get things up and running again on a new laptop, but that didn't help the Heartbeat situation because none of the current edition had been saved. The newsletter that I had virtually completed had gone down the drain.

So, I now have the luxury of a faster machine and some up-dated software including a version of Publisher that is markedly different from my older version.

Getting back to my original intention of writing about stereoscopic photos, my interest in this has recently been re-awakened by the discovery of a Facebook group called "Stereogram 3D". My main interest has been in the type of 3D image produced by two side-by-side photos taken from slightly different positions. You may be aware of this viewer from the Victorian era, used to view such images. Without a viewer, some people,



myself included, find it easier to reverse the left/right positions of the photos and to use the cross-eyed method of viewing. Try it on this example of mine. Cross your eyes until you see three images and the centre one should be in 3D.

*Dave*





## Roasted Carrot Soup

You may recall this recipe from a few years ago but given recent weather conditions, we think it is well worth repeating. I asked my daughter if she had any good little items to share with members and this is one of the items she sent. Her name is Caroline Worth, she has a business called Bitewize Nutrition and she's a registered dietician, not a nutritionist (for which you need no qualifications). Caroline says...



I am not sure if there is anything much better than indulging in a big bowl of warming soup with a hunk of crusty bread to go with it?!



Soups are also good as they tend to be an easy way of doing some meal prep for the week ahead – or at least have you sorted for a few work lunches for the week. Alternatively, soups generally freeze well so that you can make a big batch and store them until needed.

This recipe is for a Roasted Carrot Soup. Carrots are cheap and packed full of nutrition. The distinctive orange colour comes from  $\beta$ -carotene which in part gets metabolised into Vitamin A. You know how it is said that carrots help you see in the dark? Well that was said to be because of the Vitamin A – but this is actually not true. It comes from World War II and was used as propoganda by the English Air Force to explain their successes in air strikes – but was actually hiding improvements in radar technology! Carrots are also reasonable sources of Vitamin K and B6.

Carrots are lovely and sweet (although are actually low sugar) But roasting will bring that sweetness out and enhance the flavour further, which is why it is worth taking the time to roast these carrots rather than just boiling them in a pot.

### *What you will need*

- |   |                          |
|---|--------------------------|
| 1kg carrots cleaned and chopped into thirds | 4 cups vegetable stock   |
| 1 large brown onion cut into eighths        | 2 tsp coriander          |
| Olive oil for roasting                      | ½ cup milk               |
| 4 cloves garlic                             | Salt and pepper to taste |
| 1 tsp crushed ginger                        |                          |

### *What you need to do*

Heat oven to 220 degrees C and line a roasting tray. Wash and chop your carrots (I don't usually peel mine – I am a bit lazy!) Drizzle with olive oil and season with salt and pepper. Roast for about 25 minutes. Peel and cut the garlic and onion and add to the roasting tray and roast everything together for a further 15-20 minutes. The carrots should be starting to look a little charred and be soft when a knife is inserted. Remove from the oven and place everything into a food processor with 2-3 cups of vegetable stock. Blend until smoothish and then transfer to a large pot on the stove. Add the coriander and additional cup of vegetable stock. Heat until bubbling and then add milk and stir through. Season as needed and serve with a crusty slice of bread of your choice and enjoy!

*Chris and Caroline*

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*Blazek*



Keep doing what you love with ACC's free digital balance app, Nymbbl  
ACC has launched a free balance exercise app, Nymbbl.

Why Nymbbl? Being in control of your health and wellbeing is so important for living a fulfilling life. Take control of your wellness by incorporating balance exercise into your lifestyle.

Nymbbl enables you to regularly do balance exercises, wherever you are, whenever you want, improving your balance, and enabling you to keep doing the things you love.

Whether you want to improve or maintain your balance, the app will take you through simple body movements that are easy to fit into a daily routine. The programme is fun, safe, and quick – taking only 10 minutes a day to improve your balance.

The app is completely free and simple to use, and enrolling is easy. Step-by-step instructions show how to download and to use the app from a smart device.

Download the app to your device from the App Store or Google Play Store, take part in the app-lead balance activity regularly (10 minutes a day) at no cost and keep doing the things you love, right now.

**This information from the Office of Seniors April Newsletter**

## Phoenix Past Events

As you most likely know, The Otago Phoenix Club was started in 1968, so over the years many club events have taken place in addition to the regular twice weekly exercise sessions. I thought it might be good, from time to time, to take a look at some of these events by exploring some of our past photos, just to remind ourselves of some of those activities and also to remember some of our past members. Maybe we will start by just going back in time for a few years to 3rd November 2018. That is the day we celebrated the 50th anniversary of the Phoenix Club. The event was held at the Chisholm Park Golf Club with 77 people attending. We were privileged to have with us the late Professor Ted Nye's wife Jeanette, past physios Nancy Grant and Rosemary

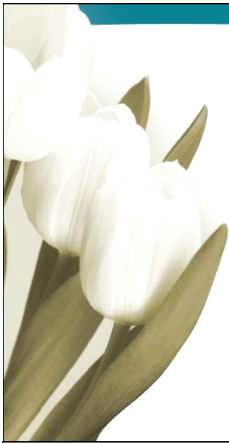


George along with our present Physio coordinator Dianne Body. Our speaker for the night was Professor Jim Mann.

This is just one photo of a few of the other members who were there to celebrate the anniversary and sadly Nancy Grant along with two of those in the photo, are no longer with us.

**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)