



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 final edition of Heartbeat magazine for this year.

Once again, how quickly the year has gone by. It seems like just yesterday I was doing this same thing for the year 2022.

Since the last magazine, the Phoenix Club has progressed steadily.

Coming out of winter into spring has seen a big jump in attendance, which is very pleasing, plus we have had two or three new members who are settling into the Club nicely and enjoying the camaraderie the club tries to achieve, so welcome to our new members.

On Saturday 11th of this month the club held its Wood Raffle day at Peter and Pariya Williams' property. Due to unforeseen circumstances, this event was cancelled last year, so Peter had plenty of wood for us to load onto the trailer. A great day was had by all followed by a marvellous barbecue/potluck lunch. Thanks to everyone who attended and for all your help and thank you Peter and Pariya for your lovely hospitality. Here is the Raffle Result...

Prize Details	Ticket	Winner
1 st Prize	Trailer load of wood	E 016 Chris Worth
2 nd Prize	10 Bags of pine cones	E 005 Eldora Gilbert
3 rd Prize	5 Bags of pine cones	E 060 Judy McAuley and.....

these are the tickets drawn at the Pot-Luck Lunch.

On page 10, Brent has provided an account of the firewood collecting along with one or two of my photos.

The club's walking group is proving a great success with various walks over the last few weeks being enjoyed by a good group of members. I believe some of the walks include using public transport to return, so a good variety.

The club is hoping to be involved, next February, in The Heart Foundation appeal day once again. Due to unforeseen circumstances, we have missed the last two years, but we are hoping to get a site for the Friday and Saturday. The dates are 23rd and 24th February, so we will be looking for volunteers.

Well, being that this time of the year is AGM time, on Monday 4th of December, we will be holding our meeting and having the usual raffle. This year we have a guest speaker, Mr Antony Hamel a prominent writer of books on walking and rambling around the Dunedin region. On page 4, Brent's item describes the occasion when Antony led one of our regular walks.

Just a little nudge; we will be looking for committee members again this year we are still short at committee meeting time, so come on board.

Well, that's about it from me for this year. I would like to take this opportunity to thank everyone who has contributed to the running of the Phoenix Club this year and especially Dave Edwards, without whom we would struggle with the Heartbeat magazine.

Everybody, have a good and safe Xmas and New Year. Take care.

Keith Tricker
President



If you see a joke in a box with this colour, please don't complain to me.
You need to talk to June Steele!!

Dave (Ed)



Secretary's Word

Otago Phoenix Club 2023 AGM

Date: Monday, 4th December 2023

Time: 7.00pm

Location: Lawn Bowls Stadium, 38 Tahuna Rd, Dunedin

Otago Phoenix Club Members

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 in 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 be able to help you.

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

Brent Marks

Otago Phoenix Club Secretary

Email secretary@otagophoenix.nz

Q: Why did the boy tiptoe past the medicine cabinet?

A: He didn't want to wake the sleeping pills!

Walking Group

By
Brent



The social walking group (all are invited) followed a slightly different path, on Tuesday the 8th of August (was that a pun?). Instead of following a walk from one of the "Intriguing Dunedin Walks" series of booklets, we were fortunate in being able to accept an offer from Antony Hamel to lead a local walk. Antony is the author of several local walking books e.g. "Dunedin Tracks and Trails" and "From Sea to Silver Peaks". He was trialing today's walk for entry into his next publication. Paul Coffey, a colleague of Antony's, also attended and assisted with commentary. Many thanks guys.

We assembled outside of the Dunedin Gasworks Museum in Braemar Street, South Dunedin, ready to start the walk. A little cool and damp underfoot.

One of the places we encountered on the walk was the site of the old Carisbrook ground rugby ground and we stopped to take this second photo, at the entry gates in Neville Street, which still stand next to newer buildings recently built on the site.

The walk progressed to the entrance to the original Caversham Railway Tunnel, where we took this third photo, Antony Hamel providing a historical commentary. A surprise to most of us, we did not know the cutting would be so spectacular. We returned via a different route.

What we are finding with the walks, is that although much of the general area is familiar to most, when you walk it, so much more is noticeable and new.

Watch out for the next club email notifying of an upcoming walk.

Regards, Brent



THE OTAGO PHOENIX CLUB
Annual General Meeting
Monday 4th December 2023
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 2024:

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 2024 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 4th December 2023

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)



Covid 19 and Cardiovascular Disease (CVD)

Covid-19 is an independent risk factor for heart disease and may cause significant injury and chronic heart complications. Acute and chronic cardiovascular complications include heart attack, myo-pericarditis (inflammation of the heart muscle), Takotsubo (temporary stunning of the heart muscle) or even heart failure (weakened heart muscle leading to fluid buildup in the lungs).

SARS-CoV-2 can result in cardiovascular events both during acute infection and as a late complication. Excess cardiovascular deaths during the 2020 pandemic were thought to be due to decreased access to care but it is now apparent that Covid-19 was the contributing factor. This burden of CVD will likely be felt in every nation's health system and economy for many years. The evidence suggests that non-specific symptoms such as fatigue, breathlessness or palpitations should be investigated.

Influenza is also associated with adverse cardiovascular outcomes, which can be prevented with vaccination. This can be done by ensuring all those who meet age- or risk-based indications are vaccinated annually against influenza. Preventing Covid-19 is an important strategy for patients with heart risk factors. Prevention requires vaccination, including periodic boosters, mask wearing, and safe indoor air. Rapid treatment with anti-virals may be needed also.

All of the above was taken from the recent European Society of Cardiology paper titled "The impact of Covid-19 and Covid vaccination on cardiovascular outcomes," Zubair A et al. There has been a noticeable increase in the number of patients coming through our department this year. You will have seen on the news how busy primary health, hospitals, and emergency departments are.

Please keep up to date with all of your vaccinations. Not just for your own benefit and your family's benefit, but also to help those of us working in health.

Leanne

The Rabbit Hunter

Some members may recall hearing that one of our members had written and published a book. The book-launch for Chris Worth's book, "The Rabbit Hunter", took place earlier this year on the 22nd of March, and you may have seen it mentioned in the local newspaper at the time. In this article, Chris tells us a bit of the story behind the book and how he came to write it. Over to Chris.

Dave (Ed)



I've always been interested in the Second World War. Born just a few years after, I remember Anzac Day as being very solemn and quiet. I remember conversations among the adults in the wider family, "Oh So-and-So, he was a Returned Man," or, "he went with the First Echelon."

What these labels meant; I had no idea. Later I learnt of my mother's great frustration at being sent to the Waipiata sanatorium as a patient because the chest X-ray for her Army Nursing Service medical showed a possible shadow on her lung.

As I grew up the interest grew, and I came to understand that the entire world order of my youth resulted from this terrible conflict. People had little choice about the roles they played. And, like the Great War before it, they came home, said little, and got on with building the country.

I fear the next generation knows little about it; what it might have been like for those in it, and for those who stayed at home. Hence, my book *The Rabbit Hunter* is a story drawn from my experience of New Zealanders who lived through the war during the 1940s. The book follows the fortunes of a platoon



The Rabbit Hunter

~ CHRISTOPHER WORTH ~



as they arrive in Athens and deploy to northern Greece. The first action that the New Zealand Division fought as a complete unit, they were part of a British force sent to bolster the defences of Greece against invasion threatened by Hitler's army. The initial clash soon led to a dash south to the evacuation beaches. While the characters are fictional, the events they experience are heavily based on fact.

The book finishes with the evacuation. The evacuees have little idea where they are going next. Readers will have to wait for the sequel to find out; watch this space!

Books are available from good bookshops, or from the author.

Chris

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Firewood Raffle - Brent



Finally the club was able to meet at Pariya and Peter William's home on Saturday the 11th Nov, for the traditional "Firewood Raffle Luncheon and BBQ". The COVID restrictions of recent years had meant the stock of wood that we gathered before the arrival of the virus, had been sitting in wait. This was to the point that a few months ago we had to re-bag the pine cones because of UV damage to the original bags.

The day started early in the morning with a working group loading the two trailers ready for delivery of the firewood and pine cones. This was followed by the luncheon around midday, including the drawing of the raffle (winning tickets as shown by Keith on page 2).



We are truly in debt to Pariya and Peter for providing the club with not only access to firewood for the raffle, but also to be able to gather for the pot-luck luncheon at their property on Chain Hills Road. Thank you.

Now, a photo below of John Roxborough and Brian Hopewell, as they make a selection from the pot-luck lunch, and one final photo from Chris, taken after Peter had delivered the load of firewood. Thank you again Peter.

Brent



Phoenix Past Events

Anniversary Cake Cutting

In our previous Heartbeat, we featured a photo from the Club's 50th anniversary. Here are some photos from two earlier anniversaries, the 30th in 1998 and the 40th in 2008. Ray Langford performed the cake cutting in 1998 and in 2008, the cake was cut by June Gold.



Ray and June were both presidents of our club, Ray in 1994 and June in 1996. As for the cakes, a little more detail is shown below.

Dave (Ed)



Q: Why did the tomato turn red?

A: It saw the salad dressing!

Summary of Reminders

So many things to think about!

Here are some reminders of up-coming events, some of which have been mentioned in this Heartbeat...

Nominations for Committee Members and Officers are needed for the AGM on 4 December (nomination forms included on pages 5 and 6).

Food item donations are requested for the raffle to be drawn at the AGM.

Raffle Tickets are available for the AGM raffle.

Volunteers are needed for the Heart Foundation Collection on 23 and 24 February.

Leanne has reminded us to keep our vaccinations up to date.

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