



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. A belated welcome to 2024 and to our first *Heartbeat* magazine of the year.

2023 ended with our customary AGM, held at the Tahuna Road indoor bowling club.

After all the business of the club was concluded we had a guest speaker, something the club has not

done at the AGM for a while, so it was good to restart it.

The speaker on this occasion was the prominent Dunedin lawyer, Mr Antony Hamell. Antony has also published numerous books on tramping and walks around the Otago region. He illustrated his talk with slides and video clips of the walks, and his presentation was very informative and humorous. Unfortunately Antony had to leave on the completion of the presentation so he could not stay for supper.

The club has had a positive start to 2024 with attendance being very good. The highlight so far was the weekend of 23rd & 24th of February when the club looked after the Centre City Countdown site for the Heart Foundation collection appeal. This was greatly supported by a group of dedicated volunteers, many of whom are club members. Thank you one and all. I understand it was a very successful weekend. The group photo on the following page includes some of the members who took part in the collection



weekend. Chris Worth, John Wills and Alex Newbury were volunteers but are absent from the photo, as they were not available when it was taken.

We have had our first committee meeting of the year, welcoming our new committee members, June Steele, Jan Haanan and John Wills.

June is the club's new Almoner so if you feel somebody is unwell or may need a phone call, please let June know.

We are setting plans for the year's social occasions, so if you have any suggestions, please let one of the committee know.

The committee meeting concluded, leaving a date for the next meeting open. Remember; feel free to discuss with any committee member, issues you feel need to be raised.

To our regulars at the gym, I hope you are enjoying the Children's Pavilion. With autumn around the corner, let's hope we can keep the attendance up and remember we still have table tennis.

Well that's about all from me. On behalf of The Phoenix Club committee I would like to wish all our members a safe and happy Easter, and enjoy your Easter eggs, yum yum.

Cheers,
Keith Tricker
President



Secretary's Word



Otago Phoenix Club Secretary's AGM Report

On Monday 4th December 2023 the club held its 55th Annual General Meeting.

Each AGM considers the Committee's recommendation for the following year's annual membership subscription. Again the subscription has been held at the same level as for the previous year i.e. \$30.00 per annum per member and a \$1.00 charge per gym session.

The new Office Bearers and Committee members were elected without any necessity for selection voting. As in past years, there still remains a vacancy for Vice President. The Committee members are -

President -	Keith Tricker
Vice President -	No nominations received
Treasurer -	Chris Worth
Secretary -	Brent Marks
Committee -	Jan Haanan
Committee -	Lynette Marks
Committee -	June Steele
Committee -	Eric Higgins
Committee -	John Wills

The AGM Raffle was drawn at the meeting, the winning ticket numbers and winners were -

Green	C 15	Peter Williams
Blue	B 86	Carol Tricker
Blue	B 04	John Wills
Blue	B 79	Shirley Begg

Otago Phoenix Club Walking Group

The social walking group has been active during 2023 from May through to November. To date we have completed 14 walks.

A reminder to all club members and guests, you are invited to participate in these walks, take part as you please, watch for the email notifications.

The following is a summary of our University of Otago Campus walk. Information is available at the University Visitors' Centre by obtaining a free copy of the "University Tour" booklet.



The Quadrangle. Left to right – June, Brent, Lynette, Les, Ayden, Pariya and Bill.



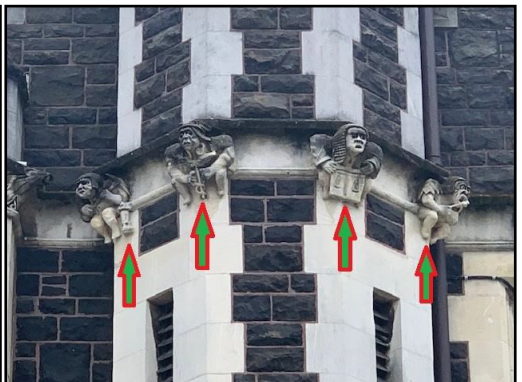
Oamaru Stone Feature Wall at the Central Library

Gargoyles - carved or formed grotesque with a spout designed to convey water from a roof.

Grotesque - whimsical, mythical creature depicted in dramatic or humorous ways.



University of Otago Archway Building
Each carved character represents a branch of learning.



Question - Gargoyles or Grotesques?
Answer – The carved creatures on the Archway Building are Grotesques.

Brent

Recipients of the 2022 Dr. E. (Ted) R. Nye Prize in Cardiovascular Medicine

The University of Otago has announced that the 2022 prize was shared between Holly Bissett and Jeremy Ishi. Each received \$250 for a total distribution of \$500 and, in the following letters, both have taken the opportunity to show their appreciation for the support of the Club and the legacy of Dr Nye as well as updating on their studies and future aspirations.

Kia ora, my name is Holly Bissett, and I was the 2022 recipient of the Dr. E (Ted) R. Nye Prize in Cardiovascular Medicine, which the Otago Phoenix Club kindly funds. Being awarded this prize came as a surprise to me, but it was one I was delighted to receive. Though I find much of medicine very interesting, and my ideas for possible future career pathways change week by week, depending on what new content we have learnt, cardiovascular medicine has been one of my greatest loves from the start. Starting almost immediately with the modules' introductory lectures, this was a topic I soon became passionate about, and even now, having completed my third year, remains one of the areas I am most interested in.

Based on my brief research following this prize, I learnt that Dr Nye sounded like an amazing physician - he was caring, innovative and prepared to push the boundaries beyond what was considered appropriate by the commonly accepted knowledge at the time, especially in terms of cardiac rehabilitation. He clearly placed high value on the health and happiness of his patients, including the original members of the Otago Phoenix Club, which he established. As I embark on my own career in medicine, I am proud to be the recipient of a prize bearing his name.

I have been an Otago girl all my life - I was raised on a small farm near Balclutha and went to a small rural primary school before coming to Dunedin to board at St Hilda's Collegiate School for my secondary education. Following this, I went straight to university, and was accepted into medical school following my first year. I have now finished up my third year at medical school and will be moving to Christchurch to continue my studies in a more clinically applied manner over the next few years. However, Otago will always be home, and I don't doubt I'll be working back here at some point in the future.

I don't know exactly where my career is headed, as there are so many pathways available, and so many that are interesting. My ideas change every week, depending on what new content I'm learning! However, over the past 2

years, my interests in cardiology and paediatrics have been unwavering, so these are strong contenders going forward. What I do know, is that a career in medicine is both a responsibility and an honour. I feel privileged that I will be able to be with and support people through some of their most vulnerable times, and this is not a responsibility that I, nor any of my classmates, take lightly. I would like to take this opportunity to offer the Otago Phoenix Club my most sincere thanks for their ongoing support of this prize, and of the students of the Otago Medical School, who are just beginning their medical careers.

Ngā mihi nui,
Holly Bissett

29th November 2023
Otago Phoenix Club

To Whom It May Concern:

I am writing to you to update you on fruits of your efforts in funding the Dr Ted Nye Prize in Cardiovascular Medicine for second year medical students. I was the 2022 recipient of this prize and have received it well. I would like to let you know a bit about myself and the impact receiving the prize.

At the time of writing, I have just first the third year of the course, and the last of preclinical years. I have found the experience to attending Otago University as enjoyable, challenging, and significant for my personal growth. I came to Otago immediately after high school. Before Otago, I went to high school at Pakuranga College and primary/ intermediate school at Conifer Grove School, both in Auckland.

While studying, I have found it very helpful to think of people who might need to know the pieces of information we are taught instead of the information itself. Reflecting on preclinical medicine, I feel there was a gargantuan amount of information with little time to digest, but each piece of information could be essential to the person who might be in suffering and could be helped by the right piece of knowledge. The awarding of the Prize has helped me to reflect on the importance of covering all the information, and to be able to use the information when it is most needed.

Soon, my next three years as a student will be spent in Christchurch. After my degree, I have yet to set my aspirations, but the great importance of

heart health means it will always be relevant wherever I go.

I hope the Otago Phoenix club is able to continue with its great work of helping people maintain their heart health and supporting each other as a community after an encounter with heart problems. I recognise the contribution which the Otago Phoenix club is making to medical education, and I thank you for your contribution.



Kind Regards,
Jeremy



Treasurer's Word

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 in December 2023 confirmed the Committee's recommendation to hold subscriptions and gym fees at the previous levels.

The subscription now due and payable for the 2024 year, is \$30 per member.

Subscriptions may be paid by direct deposit to the Club's bank account:

- **Westpac Bank Account**
- **"Otago Phoenix Club" account no. 03 0903 0382417-00**

Please include your name in the particulars field and "Subs 2024" in the code and reference fields.

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 if you're unsure if you've already paid.

Regards, **Chris Worth**

Treasurer 021 662 818 or treasurer@otagophoenix.nz



Information on our new walking group - Janette White

It was decided by our committee that we needed to set up an “outing” once a Month for companionship and exercise. Our committee thought it would be a good opportunity for those that have had a heart event to be able to join others for a pleasant stroll through the Botanic Gardens and end with a coffee and chat. This group will meet on the last Friday of each Month. Some Phoenix Club members may like to join us – the more the merrier !

Janette,
Heart Foundation



“THE HEARTY WANDERS”

Venue – Dunedin Botanic Gardens

When – the last Friday of each Month

Time – 9.30am – 11.30am meeting in Gardens Carpark – off Cumberland Street.

Come along and Wander through the Botanic Gardens at your own pace. Being New Zealand’s first botanic gardens, it occupies over 33 hectares in North Dunedin with more than 6,800 plant species and song of wild native bellbirds, wood pigeons and tui so always new areas to explore. The gardens have been awarded a silver rating for accessibility, so even if you’re not up to walking the slopes, there are plenty of easy walking tracks. The purpose of this “outing” is to get together, have a chat, get in some exercise and support others than may be needing some extra company.

At the end of the stroll around the gardens we will gather at the Croque-O-Dile Gardens Café for a coffee, unfortunately my budget does not allow me to cover this, so bring along your wallet.

First Walk was on Friday 1st March

PTO

We will not be having a walk at the end of March as it is Good Friday and the June walk is early as the last Friday of June is Matariki.

On the right, are the dates for the coming year. Please add these dates to your diary. If the weather is not suitable for walking, please still come along and we can meet at the café for a coffee and chat.

Janette

2024 Dates

Friday 26th April
Friday 31st May
Friday 21st June
Friday 26th July
Friday 30th August
Friday 27th September
Friday 25th October
Friday 29th November

Smile a While



Joke Time



Have you ever wondered...?

Why the sun lightens our hair, but darkens our skin?

Why women can't put an mascara with their mouth closed?

Why you never see the headline "Psychic Wins Lottery"?

Why "abbreviated" is such a long word?

Why it is that doctors call what they do "practice"?

Why the man who invests all your money is called a broker?

Why the time of day with the slowest traffic is called the rush hour?

Why there isn't mouse flavoured cat food?

Why lemon juice is made with artificial flavour and dishwashing liquid is made with real lemons?

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?!

Why don't sheep shrink when it rains?

When dog food is new and improved tasting, who tests it?

Why are they called apartments when they are all stuck together?

If flying is so safe, why do they call the airport the terminal?

Thanks to John Young or maybe June Steele for these.

Dave (Ed)

Q: What do you call a South American girl who is always in a hurry?

A: Urgent Tina!



Riding the Trail - Waihola to Beaumont

The new bike trail from Waihola to Lawrence has recently been finished. We have watched progress from the road, and as we recently had a weekend without commitments, we decided to go for it.

We set out from Waihola into a stiff southerly. The curved boardwalk you see from the main road is wide enough to thread our way through the walkers without mishap. The ride around the lakeshore passes an abandoned rowing club boatshed before taking a road that parallels the railway.

The track is beside the railway until you veer back toward the main road and cross several steel bridges, including an American-style covered bridge, built by Calder Stewart.

South of Milton we had some hard pedalling into the headwind until

finally we turned inland along a road. After passing some spectacular scenery alongside the Manuka Stream we came to Mount Stuart Reserve.

After pausing for a snack and a drink, we biked under the main road and along the Falla Burn Rd for a short distance, until the trail turns up onto the old Central Railway track bed for what I thought was the best part of the ride. Quite steep for a railway, the embankment rises through the middle of a forest before breaking into the clear around the hills. Concealed from the road this is country we had never seen. The first of the two tunnels on the trail is at the top of the rise, and exits just above the road's inland entrance to Manuka Gorge.

The next highlight is Waitahuna, and its coffee cart, open Friday-Monday. We stopped here for lunch, which was great. The beautifully restored station building is soon to be joined by the goods shed, which will be the site of the permanent café.

There's quite a climb out of Waitahuna, on a mixture of track bed (about 5 km, no pedalling on the way back!) and track through farmland. More climbing follows before you pedal around the side of a hill above the roadway and then descend into Lawrence, quite quickly down a fairly steep slope.

The railway engineers found fairly flat land from Lawrence most of the



way to Big Hill, where there is a climb to the second tunnel. This one's about 400 m long, twice the length of the previous one. It is quite a steep descent on the Beaumont side, then the last leg levels out and follows the main road.



On the new Beaumont Bridge



The destination - Beaumont across the bridge

We made it to Beaumont after about 5 hours 20 minutes actual pedalling time. I hasten to add we were on electric bikes, as it is 82 km, but we both arrived with at least 20% capacity left. The meal in the hotel was excellent, and we had a great night's sleep. We turned around and rode back next day, taking 4h 40m. The benefit of pedalling downhill! As luck would have it, the final stretch back to Waihola was pedalling into a strong headwind!

Chris

Phoenix Past Events

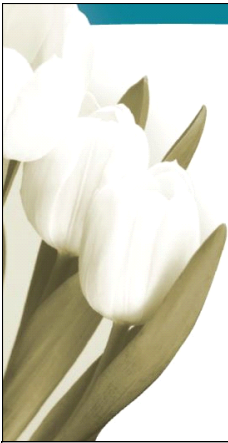
A brief reminder of yet another past event of the Phoenix Club. These photos are from John Young, taken when members rode the Rail Trail from Oturehua to Alexandra in 2007. In this photo, Warren Knox stands alongside the cycle transport trailer, and on the next page, a group of members stop for a photo on part of the trail.



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