



# Atrium NEWS

A newsletter for members of the Atrium Club Inc. August 2011

## Spring Time

With winter well and truly upon us now, there is even more incentive to visit the Atrium regularly to boost your immune system against winter viruses! One means of warding off winter colds and chills is to immerse yourself in the cold pool for up to two minutes! I have only managed one minute to date but our transplanted Melbournian film director, Rick, tells me that the benefits are numerous including ridding your muscles of lactic acid and giving the internal organs a beneficial shape up! Rick has reached the giddy heights of four and a half minutes but tells me that two minutes is all that is necessary to achieve the optimal benefits! I hope to be doing that in a few month's time.

A further way to brighten up these gelid days is to look forward to the numerous social functions that your ever diligent Committee has planned for you! Our mid winter function will this year be a spring affair so as to take better advantages of the magnificent facilities of James and Gilda Kirkpatrick's home on Paratai Drive which they have graciously agreed to lend us for an evening! A firm date will be announced shortly but at this stage we are looking to the weekend after Labour weekend i.e. the weekend following the World Cup final! Then, in a few months, we will have the Atrium Christmas party at which we hope to replicate the success of that splendid affair at Pie Melon Bay last year. This year, we have been fortunate indeed to secure an equally stunning venue on the same island – Atrium member Warren Robinson's secluded Orapiu hideaway! As with last year, it will be a Sunday lunch affair, transport from the ferry will be provided and we are aiming of a date of mid December.

Those of you who are finding it difficult to get motivated in this freezing weather should take heart from the plight of your Chairman who has to run his first marathon in late October! After putting off his run all day on that squalid Sunday just passed, he finally hauled his sorry carcass out onto the streets at 4pm to run the Eastern suburbs bays in conditions that were better suited to dog sledding only to encounter another Atrium member at Mission Bay! That was none other than David McGregor who was riding a pushbike in a collection of gear that made him look like an Inuit out to check his traps! Rest assured your glorious leader returned some two hours later feeling much like a packet of mixed vegetables snapped frozen in a blast freezer! Still, another deposit in the bank of fitness and a further step away from that coronary!



Peter Spring.....President

Happy training!

## Who is Mark Hillis?

Now...where were we?

We told you about Digby, Nova Scotia, and ice hockey and a Masters Degree and fishing trawlers and the big sugar cane adventure. There was a hint of romance and marriage to Gayle. Setting up house on the North Shore.

### **BUT...did we tell you about the lion and the bear banger?**



Flush with funds from his sugar cane growing, Mark spent a few months touring New Zealand with Gayle before settling down to a variety of jobs including as a teacher at Auckland Grammar School .

In 1984, a newly married Gayle and Mark took off to Vancouver, Canada where Mark first worked for the Department of Fisheries and then set up his own consulting business. One of Mark's clients would string transmission lines across the vast trackless Canadian landscape which took Mark to some fairly remote places including Vancouver Island.

This involved checking out the difficult features of topography by helicopter and, in some cases, reconnaissance on foot was required. During one such trek, Mark and his companion were bashing their way through dense bush and came upon a boulder-strewn stream where, in bright sunlight, three mountain lion cubs were gambolling. Mark's companion said it was unusual to see three cubs together as the lionesses usually only gave birth to one or two. Whilst contemplating this marvel of nature, Mark and his companion temporarily forgot the golden rule of large cats – namely never insert yourself between them and their mother (who is invariably not far away). This pleasant interlude was interrupted by the appearance of an enraged lioness who was of a fearsome size and keen to dispatch the prospective Atrium member and his companion!

Fortunately, the same companion had the foresight to bring a "bear banger" which makes a cannon like sound when activated and is not only effective against bears! The previously happily playing cubs, a terrified Mark and his companion and the pissed off feline mum all scattered in various directions and Mark's prospective Atrium membership was preserved.

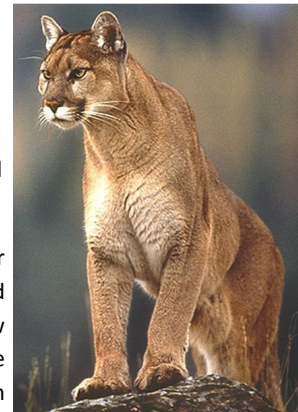
After ten years of consulting, Mark felt it time for another change and with a young and growing family, Mark and Gayle thought that they would like to retire in New Zealand with their family around them. They therefore returned to New Zealand in 1993 where they have been ever since. However, so much for the dream of having the family around them – his oldest son is in Wanaka, his daughter is in Canada with only one still at home!

After a short stint in a consulting firm on the shore, Mark decided to try his hand at something completely different. As a student in Nova Scotia, he had always enjoyed cafes and coffee and was fascinated by the idea of running his own cafe. It was a great time to get into the business because at this time, New Zealand cafes were moving from pallid English coffee shops selling weak tea and lamingtons to more sophisticated European espresso houses with baristas and decent coffee.

Mark's first purchase was the Atlas Cafe in Ponsonby where that well known Atrium identity, Brian Everitt was a regular! Brian was very experienced in the hospitality trade, running the Lodge in Shelley Beach Road, Herne Bay for a number of years, such venue being the site of many riotous Atrium Christmas parties!

Brian could see that the stress of running a new business was taking a heavy toll on Mark and that he needed a sanctuary and was in dire need of the numerous health and recreational benefits that the Atrium afforded then (and continues to do so) to its diverse membership!

Brian got Mark along here in 1996 where he has remained a regular attendee ever since.



# Shaping Up.....

## According to Ivan

### Understanding Injuries: The Tennis

#### Elbow

Tennis elbow or *Lateral epicondylitis* is a name given to a condition in which the outer part of the elbow becomes sore and tender. Even though it is an injury commonly associated with playing tennis or other racquet sports, anyone can suffer from it, as it is an overuse injury, so can be caused by a repetitive movement of any kind. It can also develop when a person performs a movement to which they are not accustomed to.

#### The symptoms associated with tennis elbow are:

Radiating pain from the outside of your elbow to your forearm and wrist, pain during extension of wrist, weakness of the forearm, a painful grip while shaking hands or torquing a doorknob, and not being able to hold relatively heavy items in the hand. The pain is similar to the pain of the condition known as Golfer's elbow but the latter occurs at the medial side of the elbow (inside of the elbow rather than outside).

#### What can one do to prevent this injury?

Strengthening forearm muscles, as well as arms (biceps/triceps) and shoulders (deltoids) and back (trapezius) will all decrease the likelihood of sustaining this injury. Also, keeping in good shape, and increasing muscular strength will also make a difference, as well as making sure that you are alternating the grip when weight training.

#### Treatments?

There are several ways in which one can manage their tennis elbow injury – physical therapy, painkillers such as ibuprofen and aspirin, voltaren gel, tennis elbow strap to reduce the strain on the elbow/forearm, heat and ice, and vibration therapy. If left unattended, a tennis elbow injury can become chronic and therefore affect our daily lives. Changing how you grip the weights while exercising can also make a big difference, so if you do suffer from a tennis elbow injury, it is strongly suggested to avoid any lifting movements in which your palms are facing downwards. Also using a neutral grip (palms facing each other) can also help reduce the strain on the forearms/elbows. If the pain persists, rest the arms completely and if the pain doesn't go away, refer to a GP.

#### Exercises that strengthen forearms/shoulders/back:

Wrist curls (with dumbbells or barbell), overhand biceps curls with barbell, reverse grip tricep pushdowns (with a flat, short bar), normal grip pushdowns, close grip benchpress, shoulder shrugs (with dumbbells or barbell), front raises, side raises, standing rear delts cable flies, seated row. Ask me to demonstrate few of these next time you're in the gym.

#### NSA...Life as I see it.

"When I die, I want to go peacefully like my Grandfather did, in his sleep -- not screaming, like the passengers in his car."

Chairman	Peter Spring
Secretary	John Bukowski
Treasurer	Steve Bradford
Commeiiee	Reece Warren
	Carl Howard-Smith
	Peter Tanner
	Gerrit Remmelzwaal
Director	Sean McCoombe
Number One	Ivan Ivanovic
Trainer	
Masseurs	Graham Wilson, Bill Bennett
Chef	Ben Pouili

I met a fairy today who granted me one wish.

"I want to live forever," I said..

"Sorry," said the fairy, "I'm not allowed to grant wishes like that."

"Fine," I said, "In that case I want to die when New Zealand win the Rugby World Cup."

"You crafty bastard!" said the fairy.

## What's going on.....

Hi all,

Winners of the wine raffle, No 20 Peter Williams and No 2 John Earwaker, well done lads. Thank you to all those who supported. Big thank you to Sean Mckeown and Reece Warren for donating the wine which placed a nice \$1000 in to the Club funds.

Cheers Sean



#### Birthdays in August

2 Aug David McGregor,

4 Aug Vaughan Scott,

9 Aug Craig Magee,

10 Aug John Judge,

14 Aug Warren Cant,

19 Aug Ross Meadowcroft and 'Ben the chef',

23 Aug Mark Sainsbury,

Aug Reece Warren,

27 Aug Chris Cherry.



David McGregor

## Our Heritage

### Old Fashioned in the Best Possible Way

The Atrium is an Incorporated Society established nearly four decades ago by a small group of Auckland businessmen. Their motivation and mandate was to create a club and culture that would cater to their fitness needs as well as offering an environment of loyalty, honesty and fellowship. The Atrium is a non-profit organisation that is run and managed by elected members.

Today these traditions are alive and well and on offer to those who appreciate what the club stands for. Atrium remains an all male fitness centre and is one of Auckland's best kept secrets. With a membership of less than 160 you are a recognised, valued and welcomed member of a very special club. Join us in a trial membership and see for yourself!

### OBAMA TURNS FIFTY DESPITE OPPOSITION

WASHINGTON—After months of heated negotiations and failed attempts to achieve any kind of consensus, President Obama turned 50 years old Thursday, drawing strong criticism from Republicans in Congress. "With the host of problems this country is currently facing, the fact that our president is devoting time to the human process of aging is an affront to Americans everywhere," said Senate Minority Leader Mitch McConnell, who advocated a provision to keep Obama 49 at least through the fall of 2013. "To move forward unilaterally and simply begin the next year of his life without bipartisan support—is that any way to lead a country?" According to White House officials, Obama attempted to work with Republicans right up until the Aug. 4 deadline, but was ultimately left with no choice except to turn a year older



Before marriage, a girl has to make love to a man to hold him. After marriage, she has to hold him to make love to him.

[Marilyn Monroe](#)

## Awakino Lodge

Built in 1884 as a general store, this iconic building is now a newly renovated French provincial style lodge providing home away from home accommodation in coastal Taranaki / Waikato.



The Lodge is perfect for a spell of R and R with all amenities provided.

There is a large fully equipped French Provincial kitchen, 4 Bedrooms, 2 bathrooms, Huge lounge, 50 inch LCD TV with SKY and MYSKY, an extensive video library and books and magazines for all tastes.

The Lodge is heated by two 14 KW Heat Pumps and a large woodburner. The ensuite has underfloor heating and the 2nd bathroom has a large stand alone bath.

PLUS A SPA AND SAUNA

So there you have it - a mid-week chance to escape the stress and strain of the city and enjoy the ambiance and tranquility of Rural France in NZ. Tariff \$175.00 per night for the Lodge - up to 4 people. \$25.00 per night to the Atrium.

Talk to Gary Wycherley



### On Bullshit

Any suggestion about what conditions are logically both necessary and sufficient for the constitution of bullshit is bound to be somewhat arbitrary. For one thing, the expression bullshit is often employed quite loosely—simply as a generic term of abuse, with no very literal meaning. For another, the phenomenon itself is so vast and amorphous that no crisp and perspicacious analysis of its concept can avoid being procrustean. Nonetheless it should be possible to say something helpful, even though it is not likely to be decisive. Even the most basic and preliminary questions about bullshit remain, after all, not only unanswered but unasked.

So far as I am aware, very little work has been done on this subject. I have not undertaken a survey of the literature; partly because I don't know how to go about it. To be sure, there is one quite obvious place to look – The Oxford English Dictionary has an entry for bullshit, and it also has entries for various pertinent uses of the word bull and some related terms. I shall consider some of these entries in due course. I have not consulted dictionaries in languages other than English because I do not know the words for bullshit or bull in any other language. For the purposes of this study then, we shall be considering only bullshit in English.



### Chicken in Creole sauce

Add a touch of exotic flavouring to this microwaved main: it's quick to prepare and cheap to boot!

### Ingredients

1 skinless chicken breast (150g), cubed  
 1/2 small onion, finely chopped  
 1 clove garlic, finely chopped  
 2 teaspoons oil  
 3 tomatoes, chopped  
 1/4 green capsicum, diced  
 4 mushrooms, sliced  
 3-4 tablespoons sweet chilli sauce  
 1 tablespoon sultanas (optional)  
 2 baked jacket potatoes

#### Tip

To cook jacket potatoes: wash and pat potato dry. Prick skin with a fork and place on a microwave-proof dish. Cook on high for 5-6 minutes. Once cooked, wrap in foil. Stand for 3 minutes before serving.

### Instructions

Step 1 Place chicken in a microwave-proof dish, cover and cook on high for 2 minutes. Cover and set aside, to stand.  
 Step 2 Place onion with garlic and oil in a microwave-proof bowl and cook on high for 1 1/2 minutes.  
 Step 3 Add tomatoes and capsicum and cook on high for 2 more minutes. Stir, add mushrooms and cook on high for 1 more minute.  
 Step 4 Add chilli sauce with chicken and cook for 1-1 1/2 minutes on high until the dish is hot, stirring halfway through. Stir in sultanas (if using). Serve chicken with jacket potatoes.

### Nutrition Information per serve

Energy	1420 kJ
Protein	24g
Fat	7g
-saturated	1g
Carbohydrates	50g
-sugars	22g
Dietary fibre	6g
Sodium	300mg
Calcium	40mg
Iron	2mg

## Weekend proof your workout plan

Most of us follow a set schedule during the weekdays. You know exactly what time you'll get up, go to the gym, shower, go to work, eat your meals, and hit the sack. But on the weekends? That schedule usually goes from nailed down to nonexistent.

While taking a rest day can be good for you, falling into a pattern of always skipping workouts on the weekends can impede your progress, slow your fitness gains and even throw you off your workout mojo.

### 7 Tips for Fitting in Weekend Workouts

**Turn workout time into play time.** Think working out on the weekend has to be at the gym? Think again! The weekend is the perfect time to take your workout outdoors for a hike, a bike ride at a nearby trail or even a session of skiing (on water or snow, depending on your climate).

**Schedule some "me" time.** The best part about weekdays is that our schedule is consistent and more or less on autopilot. Make your weekend more like a weekday by setting a schedule for Saturday and Sunday. Not every second has to be laid out (where's the fun in that?), but schedule an hour or two that's just for you.

**Make housework a workout.** Most of us have to do at least a few chores over the weekend, so if you're short on time, transform your housework into a workout! Put on some tunes and see how quickly you can do more physical chores like vacuuming, scrubbing the bathtub, mopping the floors, mowing the grass or washing the windows.

**Try something new.** The best part of working out on the weekend: You have more time (hopefully!). Take advantage of your open schedule by trying something new or going somewhere different for your usual workouts.

**Set a goal (or two).** The best way to achieve any goal starts with setting one! If you really want to be more active on the weekends, set a goal to do so. It can be as simple as saying you want to walk every Saturday for a month. Set a smart goal and then reward yourself when you succeed.

**Grab a buddy.** We all know [how important it is to have support](#) when trying to lose weight and get healthy. So be sure to include your friends and loved ones in your weekend workout plans. Ask a friend to try that new trail with you or turn your usual movie date night into something more active like bowling. Make it fun! Not only will you be burning calories, you'll be making way more memories than just sitting around watching television.

**Fuel your body right.** It's hard to want to work out if you're not fueling your body for success. Studies show that people tend to make poorer food choices—and eat more—on the weekends. Sure, the occasional late night out, cocktail or order of chicken wings won't really hurt you, but if these weekend habits become the norm—or turn into a weekend splurge-fest—they could get in the way of your fitness goals. Who really feels like working out after eating too much, sleeping too little or drinking one too many? Make it a priority to get adequate sleep, drink plenty of water and eat healthy meals and snacks.

Giddyay.

Are you in to lists? Great big subjective lists? Personal lists I'm working on two lists at the moment.

"The 100 greatest novels of all time" and "The top 100 rock acts of all time"

I will be interested in your opinion if you have one. Let me know what you think.

Cheers, Neville

## Ivan Ivanovic - Licensed Private Trainer

Ivan started with the Atrium in early 2010

### Qualifications

Bachelor of Sport and Exercise Science University of Auckland 2006

6 years practical training experience

Voted Club Physical Albany's Most Improved Trainer 2007

Trainer of champions - several Transformation Challenge finalists

### Special Interests and Hobbies

Sports Specific Training, strength and conditioning, injury treatment and prevention, weight loss management, boxing and circuit training. Plays a range of sports including soccer, tennis, baseball and skiing. First Aid Certificate,

Advance core training workshop by Brian Worthington from the American College of Sports Medicine

Soccer coach and Radio DJ



## Annual Bad Writing Contest

A sentence in which tiny birds and the English language are both slaughtered took top honours the US annual bad writing contest.

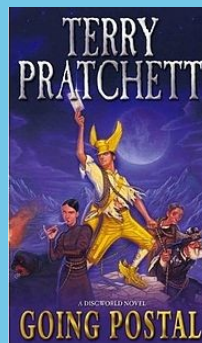
Sue Fondrie of Oshkosh, Wisconsin, won the 2011 Bulwer-Lytton Fiction Contest for her sentence comparing forgotten memories to dead sparrows, said San Jose State University Professor Scott Rice. The contestant asks writers to submit the worst possible opening sentences to imaginary novels.

Fondrie wrote: "Cheryl's mind turned like the vanes of a wind-powered turbine, chopping her sparrow-like thoughts into bloody pieces that fell onto a growing pile of forgotten memories."

The University of Wisconsin professor's 26-word sentence is the shortest grand prize winner in the contest's 29-year history, Rice said. Contest judges liked that Fondrie's entry reminded them of the 1960s hit song The Windmills of Your Mind, which Rice described as an image that "made no more sense then than it does now".

The contest is named after British author Edward George Bulwer-Lytton, whose 1830 novel Paul Clifford begins with the oft-quoted opening line "It was a dark and stormy night".

### What are we reading at the moment?



"Going Postal" by Terry Pratchett

Great stuff. The Times Literary supplement said about it. "A true original among contemporary writers—a fantasist who loves naff humour and silly names, and yet whose absurd world is, at heart, a serious portrait of the jingoistic fears that keep us at each others throats"

Let me know what you have read recently

How to write good. My several years in the word game have learnt me several rules:

Comparisons are as bad as clichés.

Don't be redundant; don't use more words than necessary; it's highly superfluous.

Profanity sucks.

Be more or less specific.

Understatement is always best.

Exaggeration is a billion times worse than understatement.

One word sentences? Eliminate.

Analogies in writing are like feathers on a snake.

The passive voice is to be avoided. Go around the barn at high noon to avoid colloquialisms.

Even if a mixed metaphor sings, it should be derailed.

Who needs rhetorical questions?