



# Atrium NEWS

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

## SPRING TIME

Greetings fellow members! It has been a long hard winter in every sense but the Club has emerged from the various storms with membership intact and in good heart for the future!

We have received a very competitive quote for the refurbishment of the kitchen and hope to proceed on that in the next few months.

Those of you who have neglected your fitness over the last few months should make a vow to come in more regularly so you do not disgrace yourself on the beach in a couple of months!

As to my marathon training, there is a scant time to go and I need to up my mileage! I have yet to experience an injury which is a blessing! I am not the only Atrium member having a go – our worthy treasurer, Steve Bradford, is also competing. I have had a few chilly runs but it is amazing how good the weather has been, particularly around midday.

Those of you who have not run around the viaduct should do so – the new Events Centre and the Wynyard Quarter are magnificent and the Club provides a perfect base in which to start your run either during lunch or before or after work!

Those of you who are keen on running at any time, should drop me a line: my pace is not that fast and I am always looking for good company! You have nothing to lose but your gut! Remember a good run is another deposit in the Bank of Fitness and Long Life!

I had a great run recently beginning at the ferry building and winding my way around all of the bays until St Heliers in glorious sunshine, finishing with a leisurely ascent up St Heliers Bay Road and then onto home.

While membership is holding steady despite the recession, we are always on the lookout for new recruits – so do not hesitate to spread the word about the unique benefits of the Club.

Do not forget our big gala function at Jimmy Kirkpatrick's Paratai Drive home shortly after the World Cup – a formal invitation will be circulated shortly.

Keep training!



Peter Spring.....President

## Who is Mark Hillis?

Mark cannot praise the Atrium Club too highly. He has always been into health and fitness throughout his life and has belonged to gyms in Canada and Australia as well as New Zealand. He believes the Atrium has something special, not just because of the superb individual attention from the trainers but also because of the fellowship and no



bullshit camaraderie from the members. One of the features of the Atrium Mark is particularly likes is its absolute egalitarianism – it doesn't matter whether you're a multi-millionaire, a top surgeon or a coffee roaster, everyone is equal under the iron and no one could give a damn about what car you drive, where you live or where you holiday. It is a refreshing contrast to the crass materialism that affects a lot of Aucklanders for the worst. Brian and Gayle have a 10 acre block in Greenhithe where they enjoy the benefits of semi-rural life including the native birds.

Mark has many good anecdotes about the wide variety of Atrium trainers over the years, including Michael Clausen who some of the older members will remember. Michael had an idiosyncratic approach to physical fitness which was designed to produce as little work – as possible for himself often involved cutting the power to certain of the machines, even while members were using them! Mark has vivid memories of pounding away on the treadmill only to come to an abrupt halt – Michael had cut the juice! Michael's real love was not helping members work out but the newsletter where he was a dab hand at desktop publishing – where is he now that we need him?!

Some years ago, Mark decided that his real love was not selling coffee but rather roasting, this tying in with his scientific background. He therefore sold the cafe and formed his own wholesaling roast company, Atlas Power Coffee which he runs to this day. If enough members are interested, he would be happy to supply wholesale to the membership at a very sharp price including a margin which could be added to the Club office. Please let Sean know if you are keen.

In his spare time, Mark enjoys watching movies, mainly foreign – he and Gayle have been studying Italian at the Society Dante Alighieri with the idea of spending six months of the year in Italy! Mark is however a little concerned that a sojourn in Italy might see him forsaking the Atrium for the Silvio Berlusconi exercise regime which involves numerous bouts of bunga-bunga with young signorinas.

Atrium Club Incorporated  
Annual general meeting  
Wednesday 19th October, 2011  
6.00pm Kickoff  
Nominations open for all executive  
positions

# Atrium Christmas Party 2011

Sunday 27 November

LOCATION: Jimmy & Gilda Kirkpatrick's Home – Paritai Drive, Mission Bay

TIME: 1pm

COST: \$100 a head

Full roast meal and alcohol provided



## Just glimpse of the menu

### Starters:

Sushi, Meat Balls, Smoked Salmon ...

### Mains:

Chicken, Lamb, Beef & Ham  
w/ Honey Glazed Baby Carrots,  
Sweet & Sour Vegetables, Italian  
Pasta, Bean Salad..

### Dessert:

White Chocolate Truffles, Chocolate



Following on from the runaway success of our previous functions at Don Braid's and Bruce Plested's, the Committee has decided to stick with a winning formula and repeat this happy occasion at one of Auckland's truly great stately homes.

Including **CELEBRITY AUCTION**

Hosted by Mark Sainsbury

Tickets available from Sean.



Carl Howard-Smith, caught wondering if he will attend this function

## 5-Minute Power Boosters for the Office

### Keep Your Body Fit and Your Mind Alert

Office life. If you let it, it can suck the energy right out of you. Or, you can take advantage of your workspace to put pep in your step and become more productive than ever.

Your office—where you spend 30% to 50% of your waking hours—can work for you or *against* you, depending on how you use it.

#### Get Physical

Go to the office staircase and step up and down the bottom step (like step aerobics).

Massage your own head and shoulders. Find trigger points of tension in the shoulders, jaw, and base of the skull. Hold pressure for 6-10 seconds.

Take two steps back from your desk and lean forward until you're in an angled pushup position against the edge of your desk. (This will also work against a wall.) Do a couple quick sets of incline push-ups.

Lift packs of printer paper in each hand. Curl them like weights or lift them over your head.

Close your door and shadow box for a few minutes. Try to imagine a stressor while you're punching.

Go for a short walk around the office or outside around the block.

Stand up and stretch your muscles. Don't forget your neck and wrists.

#### Go Mental

Do word puzzles. Crosswords, word finds—even a jigsaw puzzle.

Rearrange your office.

Switch hands with whatever you're doing.

Draw something. Let your mind create.

Stand perfectly still for two minutes. Just Regroup.

Do some deep breathing exercises or quiet meditation.

**Staying energized and stress-free at work isn't difficult. The key is finding reasons to stay out of your chair:**

In the morning, take as long as possible before sitting down.

Forget the boardroom. Hold walking meetings.

Hand-deliver mail, memos and faxes.

Chat face-to-face instead of by email or phone.

Use a bathroom on the other side of the building or on another floor.

Have a lot of phone time? Buy a cordless phone and move around while talking.

Replace your chair with a Swiss ball. This helps you maintain good posture, and by balancing, you're working your core muscles all day.

Taking care of yourself at the office is just one way fitness can help you in

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

"Maybe in order to understand mankind, we have to look at the word itself: "Mankind". Basically, it's made up of two separate words - "mank" and "ind". What do these words mean? It's a mystery, and that's why so is mankind."

### 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

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

We extend our sympathies to long time member and defender of the faith, Sean McKeown, whose wife is in hospital.

Neville McIntee is back in the saddle (so to speak) after having had a bit of a health scare.

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

### Birthdays in October

1 John Anderson

4 Bob Durant

7 Dan Robinson

Tsultrim Jeltson

9 Steve Smart

10 Roger Coles

15 John Quigley

17 John Earwalker

18 Murray tanner

Rod Gabb

19 Maurice Tetley-Jones

20 Michael Chapman-Smith

22 Win Charlebois

23 James Dale

24 Peter Nola



### Raspberries

Slightly tart and juicy, the raspberry is a nutritional powerhouse in a tiny package. Raspberries are rich in ellagic acid (which provides the majority of the berry's antioxidants), and anthocyanins (which give raspberries their deep, red colour and exhibit antimicrobial properties). As if their high antioxidant content wasn't enough, raspberries are also great sources of the vitamins and minerals riboflavin, niacin, folate, magnesium, potassium, copper, manganese and vitamin C.

Raspberries can be enjoyed plain or mixed with yogurt for a healthy snack. Toss a few on top of your breakfast cereal. Add them to salads for an unusual taste sensation. Top your raspberry-filled salad with balsamic vinegar to really bring out the flavour of the berries

## 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!

## 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 ambience 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 the 1972 tour of Great Britain, the All Blacks were beaten 9—3 by Llanelli. Welsh comedian and folk singer Max Boyce composed a poem about it., It was called...what else.....

### Nine: Three

Twas on a dark and dismal day in a week that had seen rain,  
When all roads led to Stradey Park with the All Blacks here again,  
they poured down from the valleys, they came from far and wide,  
There were 50,000 in the ground and me and Dai outside.

The shops were closed like Sunday and the streets were silent still,  
And those who chose to stay away were either dead or ill,  
But those who went to Stradey park will remember till they die,  
How New Zealand Were defeated and how the pubs ran dry.

Oh the beer flowed at Stradey, piped down from Felinfoel,  
And the hands that held the glasses high were strong from steel and coal,  
the air was filled with singing and I heard a grown man cry,  
Not because we'd won but because the pubs ran dry.

Then dawned the morning after, on empty factories,  
But we were still at Stradey, bloodshot absentees,  
But we all had doctors papers and they all said just the same,  
that we all had Scarlet fever and we caught it at the game.

Now all the little babies in Llanelli from now on,  
Will be Christened Roy or Carwyn, Derek, Delme Phil or John,  
And in a hundred years from now they'll sing a song for me,  
About that day the scoreboard read Llanelli 9- Seland Newydd 3.

And when i grow old, my hair turns grey and they put me in a chair,  
I'll tell my great grandchildren that their Datcu was there.  
And they'll ask to hear the story of that dark October day,  
When I went down to Stradey park and I saw the Scarlets play.

### On Bullshit

I have discovered a worthwhile source of information in the form of an essay by Max Black "*The Prevalence of Humbug*" from Cornell. I am uncertain just how close in meaning the word *humbug* is to the word *bullshit*.

Of course the words are not freely and fully interchangeable. It is clear they are used differently. But the difference appears on the whole to have more to do with considerations of gentility, and certain other rhetorical parameters, than with the strictly literal modes of significance that concerns me most. It is more polite, as well as less intense, to say "Humbug!" than to say "Bullshit!". For the sake of this discussion I shall assume that there is no other important difference between the two.

This is convenient, because Black suggests a number of synonyms for *humbug*, including the following: *balderdash*, *claptrap*, *hokum*, *drivel*, *buncombe*, *imposture* and *quackery*. This list of quaint equivalents is not very helpful.

But Black also confronts the problem of establishing the nature of *humbug* more directly, and he offers the following definition: HUMBUGH: deceptive misrepresentation, short of lying, especially by pretentious word or deed, of somebody's thoughts, feelings, or attitudes

Being a sex symbol is a heavy load to carry, especially when one is tired, hurt and bewildered.

[Marilyn Monroe](#)

### Does soap ever get dirty?

Silly questions occur to me all the time. Personally I think it's a product of having known Tom Fletcher. Anyway, back to the soap. And everything you ever wanted to know about what happens in your washing machine. The active ingredient in soap is a sodium fatty acid salt, produced by the action of a hot caustic alkali solution on a natural fat or oil (most often, vegetable oil or tallow). Yes you did want to know this. This compound has two vital components — a water insoluble (hydrophobic) part, consisting of a fatty acid or a long-chain carbon group, and a water soluble (hydrophilic) part, generally an alkali metal. The hydrophobic part attaches to the fabric or dirt, the hydrophilic part snuggles up to the water. (the water Stewart, get it?). The result is that you force an electrically polar wedge of soap and water between the fabric and the dirt. The slime is then removed by mechanical action — if you were my mother you would engage the technical term for this process. It's called "scrubbing."

By this time it should be obvious that soap always gets dirty — if it didn't, it wouldn't work. The whole idea of soap is that grease and dirt feel a more powerful attraction toward it than they do toward your clothes. But protein stains — blood, milk, egg, etc. — are inherently immune to soap's charm. Insoluble in water, the complex protein molecules adhere too tightly to the fabric to let the soap get a foothold. Enzymes — compounds whose only role in life is to break down protein molecules — must be added to the detergent to make it effective. This works on everything except the food stains on my tie.