



REBUS CLUB OF HIBISCUS COAST

April 2025

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Club bank a/c - 12 3084 0176946 00

Affiliated to Rebus NZ Incorporated.



Where you will find fun, friendship, and conviviality.

Committee

President:	Paul Robinson	027 2222 151
Vice President:	Tim Jones	021 386 981
Secretary :	Trevor Weal	021 032 3373
Treasurer:	Bryan Wentworth	021 210 1791
IPP/Website/Rebus NZ:	Garth Dutton	020 4006 0844
Speakers/Ramblers:	David Gatland	021 285 5734
Trips & events:	Steve Waller	021 0864 0236
Bulletin:	Earl Brookbanks	027 274 8780
Host:	Peter Fava	021 560 925
	Bill Cobb	027 292 5159

Non-Committee

Book table:	Dave Betts	021 967 074
Kitchen:	Mike Peake	021 177 4820
Kitchen:	Julian Joy	027 764 0663
Kitchen/Transport:	Murray Paterson	021 0238 9252
Door raffle & prizes:	Fergus Small	027 264 1366
Door raffle & prizes:	Alan Menzies	027 444 2094
Photography:	Graeme McIntosh	027 473 9787
Welfare:	Frank Coggan	021 932 811
Database:	Phil Martell	027 497 0024
Dinner club:	George Tregidga	027 223 7953
Presentations:	Brian Tracey	021 661 573

Meetings are held at the Bridge Club in Edith Hopper Park, Ladies Mile, Manly.

Our NEXT MEETING will be held on TUESDAY 6th May 2025 at 9.30 am.

Our Guest Speaker is Graeme Rothwell, an Agribusiness Consultant on the Agriculture of Ukraine. Graeme will be introduced Fergus Small and thanked by Hans Wouters. Our Club speaker is Kim Hanna.

Quick reminder: If you are unable to attend, please send your apology to our email address above, and if you are attending, please remember to wear your nametag.

President's Message



Hello friends

The recent weather is an indication that we have reached the end of a very long summer on the Coast.

Setting aside a persistent breeze that discouraged boating, the sunny days seemed to go on forever. However autumn is now firmly ensconced, and it was a pleasure a couple of weeks ago meandering our way through the Ahuroa Valley [just west of Puhoi] where the trees were resplendent in their yellow and red colours as we competed in our Club's car mystery tour.

After our leisurely journey around areas of Rodney that were entirely new to me, we finished in Snells Beach for a very pleasant lunch at The Salty Dog Inn. Since then the weather gods have somewhat derisively chuckled after handing us a miserable Easter break followed by a dismal Anzac weekend. The joys of living in a small, isolated country surrounded by oceans at the bottom of the world! At least our brown summer grass is now bright green!

By the time you receive this bulletin, several of us will be attending the Rebus NZ AGM in Palmerston North. Aside from supporting our two Board members and Administrator, we will advise them that our Club is willing to host the AGM in April/May 2026. We extended an offer to Gulf Harbour Rebus to join us in hosting this meeting, but while expressing their support for us they have declined to be formally involved. I will give a briefing on the Rebus AGM at our meeting on Tuesday 6th May.

Take care out there,

Paul Robinson

Rebus apparel

Rebus NZ has organised a line of Rebus-branded hats for members to wear and hopefully trigger interest in our group from persons outside of the club. At this stage there are caps, bucket hats, and visors. The promotional apparel available through our website <https://www.rebus.nz/apparel> has now been extended to include polo shirts as

modelled by our cool dudes on page 1 of the last issue.



The hats come in several colours – navy blue, black, and white, all of which can be seen at <https://www.apparelmerchco.com/collections/rebus> Rebus NZ has a few remaining items in stock at \$20 for the caps and bucket hats, and \$17 for the visors. If you wish to purchase one [or more] of these, they will be available at our club meeting next Tuesday or you can order through Bill Cobb.

Humour

During a lull at a White House dinner, Melania Trump leaned over to chat with Elon Musk.

*"I bought Donald a parrot for his birthday. That bird is so smart, Donald has already taught him to say over two hundred words!"
"That's very impressive," said Musk "but you do realize he just speaks the words. He doesn't really understand what they all mean."
"Oh, I know", replied Melania, "but neither does the parrot!" 🐦*

TRIPS AND FUNCTIONS



Own car mystery tour - Thursday 10th April

Twenty-five members, partners and friends in eight cars took part in this annual club event, some for the first time. Each car's

occupants chose a team name and looked for clues as they drove a route along little-used country roads finishing at The Salty Dog Inn at Snells Beach for a well-earned drink and lunch. After lunch we revealed and marked the answers, after exchanging answer sheets with another team.

The team names were as follows –
Winners not losers, who recorded the highest number of answers so did indeed win.
The late arrivals, who although arriving late, achieved the second highest score.

Vinnies vets (short for Vincent's veterans).

Lexus connectors.

Team Mitchell.

First timers.

Two peas in a pod, who were also first-time participants.

The hopefuls, who won the caption competition.

Perhaps the most unusual clue on the route was a pair of long-johns hanging on a fence wire. I chose to introduce a caption/story competition to go with a photo of the item of clothing. Although we had many imaginative and amusing answers, the Hopefuls won easily by unanimous vote and volume of laughter.

The Salty Dog provided 27 of us with a private room at no cost, great service with a smile, and great food. They have a \$25 lunch and drink deal or 20% off the normal menu price for gold card holders. If you find yourself in the locality, I recommend you call in for lunch or dinner.

Comments by Jeanne Nicholls and Roy Adlard about the own car mystery tour.

We look forward to Tessa and Steve's mystery car tour with great excitement. It is always a very jolly day out and we are amazed at the detailed planning put into the questions to be answered, the route we must follow and the desirable lunch venue.

We will go with Lynette and Julian. He is an excellent driver, and Lynette is particularly good at keeping us focused on answering the questions on our printed sheets. It is an enjoyable event and gets a very enthusiastic response from members and friends.

Thank you, Steve and Tessa, for another splendid mystery car tour.

Jeanne Nicholls

Upcoming trips and events.

Tenpin bowling - May 22nd.

Tenpin bowling has become a popular annual event for our club. Earlier this year the HC Friendship Club invited us to take part in an informal friendly competition between our two clubs. We thought this might be fun so agreed to accept their challenge. Having spoken to several of their members they are not regular players, so we are planning to win this contest.

We will meet at Whangaparaoa Tenpin Bowling in Stanmore Bay at 10am and play two games each. After the game, for those who wish to join us, we will celebrate our win [or lick our wounds] at The Beer Spot for a drink and lunch.

The cost of bowling is \$20 per person. All are welcome, partners, friends, and any professional bowlers you know.

To book a place please email Paul Robinson by Monday 17 May 2025 at paulrob@pl.net

Mystery Creek Fieldays - 13th June.

We are arranging a one-day trip to Hamilton for the popular Fieldays event. All are welcome to join us. We are hoping to travel by minibus or small coach, however this will depend upon the number of people attending.

Tickets are not available until May however we need to know how many people wish to attend and travel with us to research and arrange suitable transport. The cost of transport will be shared between those travelling. Further details will be notified.

In the meantime, please register your interest by emailing Garth Dutton garth269@gmail.com no later than Tuesday 6th May.

Steve Waller

Membership and 'Our People'



A very warm welcome to Mark Burt who was inducted into the Club at our April meeting.

I am pleased to advise that Steve McKay has agreed to accept the role of engaging new members. He was

part of our team talking to people at the Whangaparaoa Plaza last year.

I'm sure his easy-going nature coupled with a reluctance to accept "no" as an answer will aid in keeping our membership healthy and diverse.



Paul Robinson

Welfare



Nothing really to report other than I'm pretty much up and running and will attend the upcoming meeting.

Frank Coggan

Treasurer's Report



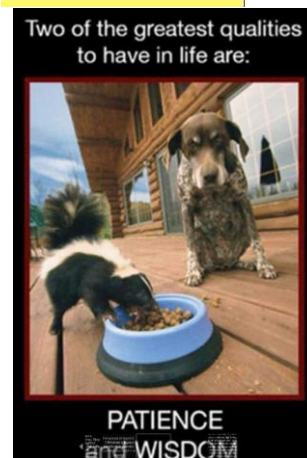
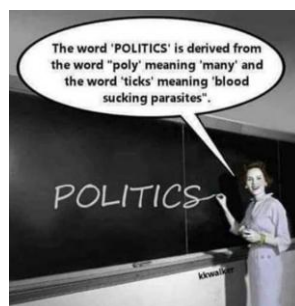
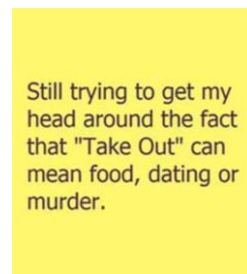
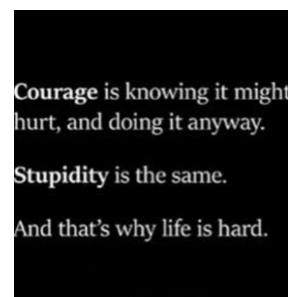
Our bank balance stands at \$4164.78 - all major bills paid (including rent).

Annual subscription – 38 subs have been paid. The subscription for 2025-26 remains the same as for previous years at \$25 and is now due. We do not send an invoice for this subscription.

Please pay online to our ASB account 12 3084 0176946 with the reference "ann sub" or by cash at our meeting on Tuesday May 6th.

Bryan Wentworth

Humour

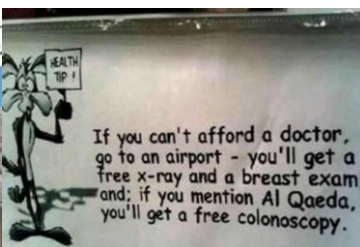
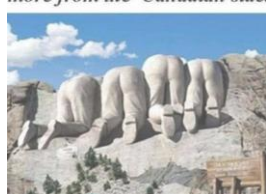


I get most of my exercise these days from shaking my head in disbelief.

**We all know mirrors don't lie...
I'm just grateful that they don't laugh.**



You know, there are some things that you just never think of like Mt. Rushmore from the Canadian side



Just as the graveside service finished, there was a distant lightning bolt accompanied by a tremendous burst of rumbling thunder. The little old man looked at the pastor and calmly said, "Well, she's there and it's His problem now."

A husband and wife had been arguing all day. They pass a herd of jackasses. The wife says "relatives of yours?" Husband says, "yep in laws."

Speaker's corner

Club Speaker:



Marty Davis started by thanking club members for welcoming him and allowing him to be part of the Ramblers. He was born in Invercargill, married and was in the Airforce and then business. He spent 12 years in Luxembourg and rugby has played a large part of his life - playing, coaching; having two All Blacks in his teams and this included time in Cardiff and Sports Administration.

He is now retired but is a member of the Rodney Aphasia Group.

Aphasia is an impairment of language affecting a person's speech following a brain injury, or brain tumour or most commonly by a stroke. NZ has approx. 60,000 stroke sufferers of which 20,000 will have Aphasia. There are currently 73 members in the Rodney Aphasia Group which meet once a month. This is divided into 3 groups: those who can't speak, those who can a little, and the carers. This group needs funding and uses speech therapists at their meetings. Also, the lack of volunteers is another problem for the group.

Guest Speaker



Phillippa Pitcher - the Educator for Macular Degeneration New Zealand (MDNZ) was introduced by Jim Mitchell. MDNZ is a charity that supports people with macular degeneration (MD) and their families. MDNZ has a strong focus on raising awareness about MD as in many cases early intervention can save sight. MD is the leading cause of blindness in New Zealand. Phillippa explained that MD is a disease in the back of the eye.

MDNZ was founded in 2009 with the aim to raise awareness, provide education, information, support, research and representation to government about MD. She stated that no one should go blind from MD. The background to MD is that it is a progressive loss of the central eye vision and is three times more common than dementia. It is the leading cause of vision loss and 1 in 7 over 50 and 1 in 4 over 80 will suffer from it. It will cause falls, hip fractures, depression and require patients to move into retirement care three years earlier than normal.

It develops in the back of the eye and is caused by the build-up of druse or waste in the cornea which then breaks through when under stress. There are two types: dry, a slow gradual deterioration, and wet, a sudden and severe deterioration. The symptoms are a loss of focus and print distortions. Phillippa referred to the Amsler Grid which needs to be used regularly to determine any change in one's sight. The Charles Bonnet Syndrome is when someone sees vivid images that are not real.

The faster treatment can start, the better the chance of maintaining your sight. An early start can be controlled with a lifestyle change using vitamins and mineral supplements: lutein and omega-3, exercise, stop smoking, AREDS2 and eating eggs helps. The immediate start to treatment prevents a higher risk of MD and a dry condition can turn to a wet condition very quickly. A late start to treatment means a 75% chance of being blind in 3 years and a 50% chance in 3 months. A timely effective treatment requires a prompt diagnosis, a proactive individualised programme which is continuously maintained, lots of support and patience. This includes eye injections, drugs Avastin and Eylea which are funded in New Zealand. These give a temporary solution and are not a cure. Apparently, Australia has a very good website.

Phillippa provided a package of resources for each of our members and contact details: Low Vision support services and helplines 0800 022852.

Phillippa was thanked by Dave Betts.

David Gatland.

Ramblers – April 2025.

In the last week of March week we raced along Orewa Beach, 11 of the starting group doing the whole journey. It was one of the lowest tides experienced so there was plenty of room on the beach for all those out doing some exercise without becoming entangled with the seawall construction works. 17 enjoyed a sticky bun and coffee at Bake N Brew.



Ramblers Orewa Beach, March 24th 2025

The following week we achieved the two cliff-top walks we had previously aborted due to nasty weather. We started from Gulf Harbour Four Square and went clockwise past Wentworth College, and the lakes up to Fisherman's Cove (it

was high tide 8:43AM so we couldn't go down to the beach), then down onto the Pacific Parade cliff walkway, through Everard Park and along Okoromai cliff walkway, down the 18th hole at Gulf Harbour Country Club for a well-deserved cuppa at Cherry Café. The full walk was 8 Km; with plenty of alternatives for those just wanting a short stroll. Well done to those who completed or nearly completed it.

The next week we took advantage of the change in daylight saving with it being lighter in the morning and headed to Wenderholm meeting in the carpark near Couldrey House. With the low tide around 9AM we got along the beach OK. The amblers had plenty of short flat walk options. It was beautiful to have the beach to ourselves and a flat sea. Sixteen enjoyed the slightly shorter flat walk and the customary coffee and sticky bun at Bake N Brew afterwards.

With The Former Apprentice, Garth away for the next 4 walks, Neil stepped up for the following week. We have two new ramblers from the Gulf Harbour Club, Kay Stark and Pam Tucker. Neil's walk for Monday 14th April was from the Shakespear Reserve waterfall car park, to the waterfall – and yes, the large tuna was still there rolling his eyes at us - up the track to the right and all the way through to the picture frame, down into Te Haruhu Bay and right to the West end of the beach up the bush track, then across the paddocks to Okoromai Bay and through the wetlands back to the carpark.



Ramblers at Okoromai Bay, 14 April 2025

This was a challenging walk over new terrain – so we really earned our treats at Cherry café.

The following week those not away on holiday set out from the Four Square at Gulf Harbour around some familiar territory in the Gulf Harbour area.

Ramblers – and Amblers - meet on Mondays at 0900 in conjunction with Gulf Harbour Rebus for home and away rambles of up to 9 km, followed by refreshments. If you would like to join us, just let me know and I will add you to the mailing list. Partners, friends and prospects are all most welcome.

David Gatland

Combined Club Dinner Nights



This group comprises members of both the Hibiscus Coast and Gulf Harbour Clubs. The next combined club dinner is on Tuesday 10th June at Due Amici Restaurant in Manly

Village with a start time of 5:30 pm.

The restaurant has two sittings each night and large groups are required to be in the early sitting. We have two hours before the next sitting arrives. This has not been a problem in the past. I would like numbers by Tuesday 3rd of June.

I think 30 should be sufficient as several members will be away in June. I cannot guarantee to get more places so it will be the first 30 who will get a place. The earlier that I get numbers I should be able to increase or decrease the numbers.

If members have any ideas of restaurants in the area that we can try, please give me a call or email at gandc@xtra.co.nz

George Tregidga.



Birthdays for April

Our congratulations to the following members for having successfully navigated another year – Merv Reeves, Neil Douglas, Bruce Reddell and Phil Martell.

Donation/Sponsorship

We wish to express our sincere thanks to Allan Yeo of **Booster Wine Group** for their ongoing donation of a selection of New Zealand fine wines. These will be given to our guest speakers in appreciation for their presentations.

If you wish to know more about the Booster visit their Site

<https://boosterwinegroup.nz/our-story>



Bannock Brae

SAVEE SEA
HAIRBOROUGH

GRAVITY WINERY

overstone

Spinyback

TAHUNA

GREYROCK

