



REBUS CLUB OF HIBISCUS COAST

August 2025

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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
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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
Membership: Bill Cobb 027 292 5159
Stephen McKay 021 189 5022

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
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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 2nd September 2025 at 9.30 am.

Our Guest Speaker is Mayor Wayne Brown, who talk about his vision for Auckland. Mayor Brown will be introduced by Rod Klarwill and thanked by Paul Robinson. Our Club Speaker for September is Julian Joy, on the Council's Natural Hazards plan.

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!

Another month is gone, and we are on the slippery slope to Christmas!

Sixty-three of us enjoyed our mid-year lunch at the Red Beach Surf Life Saving Club premises earlier this month – the view from our table was of crashing surf on Red Beach outside combined with a large group of happy well-fed folk inside.

We have an interesting guest speaker this month – Mayor Wayne Brown. I hope you can all make it to our meeting to hear what he has to say and to ask him any questions you might have about the future of Auckland and the Hibiscus Coast, our ferry services, local body politics and practices, and other topical matters.

Planning towards the 2026 Rebus NZ AGM in Whangaparaoa is progressing steadily. We are especially keen to hear from any club members who are willing to host out-of-town participants at this

annual event, which will be held in our clubrooms on May 14th, 2026. While some might prefer to stay in local motels or B & B facilities, we would like to promote socialisation among Rebus members across the country by offering to billet members from other clubs who attend. The basic premise is to offer accommodation for two nights [13th and 14th May] on a “bed and breakfast” basis. If they wish to stay in the local area longer, then you can make whatever arrangements are suitable between the two parties. Our suggestion for covering minimal costs is a charge of \$50 per night.

If you think you would like to assist us by being a billet host, please advise Neville Drower either at club or by mob 021 886 130 or via nevilles.drower@outlook.com. Neville will handle all incoming requests plus offers to host from among our four local clubs. We will be calling for volunteers to assist with other roles during this event closer to the time.

Finally, I am advised that a couple of our members joined in the Gulf Harbour discussion group a few

weeks ago – I hope you found the subject matters interesting. Ken advises the next meeting will be at his home at 38 Kensington Terrace, Gulf Harbour at 10am on Thursday 11th September.

Stay safe and warm and I look forward to seeing you next Tuesday.

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.



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

MEMORIES OF HURRICANE KATRINA - WHEN IT DAMAGED NEW ORLEANS.

Bush has just released a statement following his investigation into the New Orleans disaster. The blame is being put on a Muslim suicide plumber.

President Bush has asked for pop groups to stage a benefit concert for the victims of New Orleans however Katrina and the Waves have been told to bugger off.

Mayor of New Orleans has denied rumours the Mardi Gras is cancelled. He expects a record number of floats this year on Main Street.

Five men in purple dinner jackets and bow ties were found floating today under a pier in New Orleans, DNA tests later identified them as The Drifters. Rumour has it they were under the boardwalk down by the sea.

Eric Burdon and the Animals are re-releasing their earlier hit, it begins "There was a house in New Orleans".

Hurricane Katrina, typical female! When she came, she was warm wild and wet. When she left, she took the house and contents with her.

Two planeloads of volunteers left Liverpool airport today bound for New Orleans to assist with the looting.

Membership and 'Our People'



A very special welcome to Graham Devitt who was inducted last month. Graham and Sue shifted to The Botanic from Pt Chevalier a short while ago, and he knows quite a few of our members through his previous involvement in the Titirangi Wine and Food Society together with his current enjoyment of golf with the Auckland Leagues Club.



Hopefully we will be inducting Hal Smith into membership at this next meeting.

Steve McKay

Trips and Functions



On 6th of August 63 members and partners attended the mid-year lunch at Red Beach Surf Lifesaving Club. All those I spoke to enjoy the meal and service provided by the caterers.

Upcoming Events

Te Huia train trip on 11th September.

A detailed description of the trip was circulated to all members on 18th August, so I will give only a brief outline here.

We travel by car to The Strand railway station, Auckland. The train leaves at 9.30, there are



Mid-year luncheon at Red Beach Surf Lifesaving Club

refreshments to purchase on the train. We will travel to Rotokauri station, just north of Hamilton adjacent to The Base shopping complex, where we will have lunch in one of the restaurants at The Base.

We catch the train again at 2.15pm, arriving back at The Strand at about 4.30pm to drive back home. The train fare is free to Gold card holders with a Bee Card, purchased for \$5, plus an initial loading of \$5 (total \$10) and activated online, linking it to your Gold Card. The process is straightforward, but it takes several days to receive the card by post, so apply for your bee card now. <https://beecard.co.nz>

I would like to know who is going, all are welcome, on the trip and whether you are meeting us at Edith Hopper Park at 8am to car pool, or as some are doing making your own way to The Strand station. Please email me by Monday 8th September, if you haven't already done so.

Eden Park Stadium Tour Thursday 16th October.
The Stadium tour lasts about 45minutes (go to the Eden Park website and look up tours). The cost of the tour is \$25pp. For ten or more participants we

can arrange a private tour at the same cost, providing we have at least ten on the day. We also pay individually on the day. If less than 10 we will still have to pay \$250 in total.

We plan to take the 9.05am, NX1 from Silverdale to Auckland and then the train to Kingsland station near the stadium, all using your AT Hop/Gold Card. We will have lunch at a restaurant or cafe near the stadium/station and return the same way.

To book a private tour, I need to know who will be joining us and then book the tour date and time with the tour arrangers. If you are interested in this trip, please email me by Tuesday 2nd September on stevejwaller49@gmail.com

Dates for your diary:

Manly Bowling Club, Manly, Thursday 20th November.

Informal bowling competition, followed by a BBQ and salad lunch. The bar will be open at lunchtime, with drinks at reasonable prices.

Like all our trips and functions, this event is open to all, and no prior bowling experience is necessary. It is simply a fun activity with reasonably priced lunches and drinks that we have arranged with MBC for several years and is a popular event.

More details will be circulated nearer the event date.

Christmas Lunch, Thursday 4th December at Gulf Harbour Yacht Club.

More details to follow nearer the time.

Steve Waller

Humour

When Insults Have Class

These glorious insults are from an era "before" the English language got boiled down to 4-letter words.

A member of Parliament to Disraeli: "Sir, you will either die on the gallows or of some unspeakable disease."
"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy."
Walter Kerr.

"He has all the virtues I dislike and none of the vices I admire."
Winston Churchill.

"I have never killed a man, but I have read many obituaries with great pleasure."
Clarence Darrow.

"He has never been known to use a word that might send a reader to the dictionary."
William Faulkner (about Ernest Hemingway).

"Thank you for sending me a copy of your book; I'll waste no time reading it."
Moses Hadas.

"I didn't attend the funeral, but I sent a nice letter saying I approved of it."
Mark Twain.

"He has no enemies, but is intensely disliked by his friends."
Oscar Wilde.

"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one."
George Bernard Shaw to Winston Churchill
"Cannot possibly attend first night, will attend second... if there is one."
Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here."
Stephen Bishop.

"He is a self-made man and worships his creator."
John Bright.

"I've just learned about his illness. Let's hope it's nothing trivial."
Irvin S. Cobb.

"He is not only dull himself; he is the cause of dullness in others."
Samuel Johnson.

"He is simply a shiver looking for a spine to run up."
Paul Keating

"In order to avoid being called a flirt, she always yielded easily."
Charles, Count Talleyrand.

"He loves nature in spite of what it did to him."
Forrest Tucker.



Welfare

My only report is on Don Baverstock. His health battle is on-going and unfortunately, he will not be able to attend our meeting.
As usual people, please call me (021 932 811) if you need help or just a friendly chat.

Frank Coggan

Treasurer's Report



The balance in the Club's Bank account stands at \$4705.26.

Bryan Wentworth

Speaker's corner



Our August Club Speaker was Hans Wouters. Hans started by saying that he had joined in November last year and since then had felt most welcome at our club. His talk was on his 25 years working in horticulture packaging. This involves getting crates to vegetable and fruit producers for packaging of their products and shipping them to retailers. Apparently 90% of all produce is transported in these crates and there are over 4 million crates used in NZ. This all started with Turners & Growers receiving bananas from Fiji in wooden boxes, which were then used for local growers. After a cyclone hit Fiji interrupting the flow of wooden boxes, a different solution was needed. After investigating world-wide, an 80-litre plastic crate was introduced with a metal stacker bar. These ended up being left in paddocks creating problems for farmers and along with Health & Safety concerns they were replaced by 75, 47 and 30 litre flat pack collapsible crates. In the North Island, Foodstuffs and Woolworths account for 70%, and in the South Island they are over 90%, of all fruit and vegetable selling to consumers. The larger growers (over 500 staff) are taking over while small and medium growers are reducing in number. Ohakune now has only 10 growers. Transport is evolving into larger trucks that go non-stop through the night with a simple change of drivers. The weather is changing with more floods and droughts to contend with. We have a long skinny country which allows produce to be grown throughout New Zealand, mainly region-based. This requires crates to be available throughout the country in the right place and at the right time. One grower could need as many as 20 truck and trailer units to move their produce which is often ready at the same time. The crates were designed in Israel and Holland and are made in Israel from polypropylene. They are a standard size (600 mm x 400 mm), weigh 2 – 2.5 kg, and are designed with holes to let out water. Foodstuffs and

Woolworths determine how and what produce is packed. When the crates are returned, they often come back dirty and with rubbish inside. The rubbish needs to be disposed of, and crates washed using machines and dried using a spinning machine. Forecasting when and where the crates are needed is difficult as the seasons do change. Growers need to pay a \$11 deposit per crate which adds up to \$1.6 billion each year in New Zealand.

Club Speaker:



Bala Balusundram introduced our August Guest Speaker, Tania Adams of Unichem Pharmacy Manly on heart health. Tania has owned the Unichem Pharmacy Manly for 20 years and believes that a person's health depends on the whole person.

Their diet, stress, sleep, exercise as well as their medication and that we all want to live longer and with a good lifestyle. Blood pressure is when the heart pumps blood and the pressure against the walls of the arteries and is measured at the top of the pump called the systolic and at the bottom or in the relaxed state called the diastolic. A normal reading is 120/80 but this rises as you age 140/90. A high blood pressure can lead to other health issues like heart attacks, strokes, and vascular dementia. As there are no symptoms, it is called the silent killer. It is important to keep checking your blood pressure as 30% of the population have high blood pressure but only 16% are taking tablets. Some people do have a high blood pressure when visiting doctors, called the white coat syndrome, so visiting the pharmacist or doing at-home measurements can be better. The whole person is the principal issue as there are different medicines depending on the side effects suffered by the patient. Changes to someone's lifestyle can change their medication. Exercise, 30 minutes of moderate exercise 5 days a week with some resistance work added in, is good for a healthy heart. It is important to start slowly and work your way up. Weight management and diet are also key factors for a healthy heart. SSS – reduce salt, have more than 7 hours of good sleep, and less stress through gentle exercise.

Medicines can help but look on the back label to determine the strength:

- a. Magnesium Glycinate 240 mg per night can lower blood pressure but coffee can reduce its absorption.

Getting cramp or twitching can indicate a lack of magnesium.

- b. Aged Garlic Extract 2 capsules each day can reduce blood pressure and cholesterol.
- c. Nitric Oxide is good for blood flow and better circulation. If you have cold feet or hands this may help.
- d. Fish Oil Omega 3 is amazing and fish once a week can reduce the possibility of heart attacks and is good for brain health, helps with arthritis. Adding the EPA and the DHA together you need 840 mg per serving. The cheaper fish oils can have no effect, get the premium grade. Remember you get what you pay for.

- e. Coenzyme Q10 150 mg per day helps with energy levels.

Cholesterol is the gradual clogging up of the arteries restricting the blood flow. Bad cholesterol LDL attaches fat to the arteries, and good cholesterol HDL takes fat away from the arteries. Most, 75%, cholesterol is produced by you and 25% is your diet. Statins are used to lower high cholesterol. Fibre, oats and beans, exercise and fish oil increase your HDL or good cholesterol. Medicines change depending on the type and the brand name. Please ask if in doubt and take them as directed. "With food" helps their absorption, "at night" helps control cholesterol as this is when our body prepares cholesterol. Keep in the bottle they come in. New Zealand is well regulated when it comes to tablets, and these are usually good for you but please ask as the pharmacy has more knowledge.

Tania was thanked by Murray Paterson who presented her with a certificate and a bottle of wine.

David Gatland.

Humour

A priest was being honoured at his retirement dinner after 25 years in the parish. A leading local politician and member of the congregation was chosen to make the presentation and give a little speech at the dinner. He was delayed, so the priest decided to say his own few words while they waited.

"I got my first impression of the parish from the first confession I heard here. I thought I had been assigned to a terrible place. The very first person who entered my confessional told me he had stolen a television set and, when stopped by the police, had almost murdered the officer. He had stolen money from his parents, embezzled from his place of

business, had an affair with his boss's wife and taken illegal drugs. I was appalled. But as the days went on, I knew that my people were not all like that and I had indeed come to a fine parish full of good and loving people."

Just as the priest finished his talk, the politician arrived full of apologies at being late. He immediately began to make the presentation and give his talk. "I'll never forget the first day our parish priest arrived," said the politician. "In fact, I had the honour of being the first one to go to him in confession."

Ramblers August 2025



For our second August ramble, 13 took on the Unsworth Heights walk of 6.6km and then had an enjoyable social time in the spacious premises at Palmers Plant Barn on Greville Road. Some experimented on the interesting variety of training apparatuses beside the Unsworth path.



Ramblers at Unsworth Reserve

The following week we enjoyed a stroll around the GHCC and other streets in Gulf Harbour; with 16 turning up at Cherry Café for the coffee and treats celebrating an associate team member's birthday.



Ramblers Orewa 25 August 2025

For our final August ramble, 8 of us braved the showers and met at the Estuary Art Centre carpark for a walk along the estuary, then past Maygrove Lake, around the back of the Orewa shops and along

the promenade back to our starting point. We refreshed at our new Orewa venue – Movenpick – where we were welcomed by one of the ex-staff of our previous venue, and very much enjoyed the patisserie selection.

If you would like to join us on a Monday at 0900, just let me know and I will add you to the mailing list. Partners, friends, visitors and prospects are all most welcome.

David Gatland

THE BATHTUB TEST

During a visit to the mental asylum, I asked the director how do you determine whether or not a patient should be institutionalized. "well," said the director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," I said. "A normal person would use the bucket because it's bigger than the spoon or the teacup." "No." said the director, "A normal person would pull the plug. Do you want a bed near the window?"

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 16 September at Ship and Anchor, 2 Bakehouse Lane, Orewa.

Start time of 6:30 pm.

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 August

Our congratulations to the following members for having successfully navigated another year – John Adams, Bob Finn, Peter Fava, Bala Balasundram, Graeme Barlow, John Bell, Don Baverstock and Dave Betts.

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



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IV

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