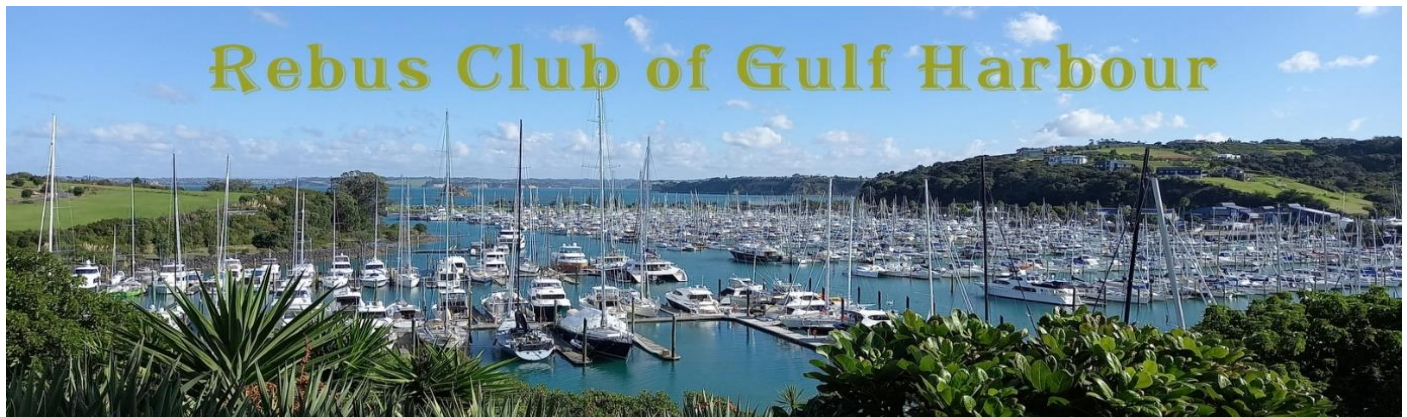


Steering a safe course



through our retirement years.



Rebus Club of Gulf Harbour

Affiliated to Rebus NZ Incorporated

Established 25th September 2019, Rebus Club No: 19106

Bank a/c details for direct credits: 12-3084-0029743-00

***Meetings: 9.30 am, second Wednesday each month, except January,
at Gulf Harbour Yacht Club, Laurie Southwick Parade, Gulf Harbour.***

Apologies to: vernaharford@gmail.com or lphillips4501@gmail.com

MEETING Wednesday 8th NOVEMBER

Guest Speaker: Tania Adams, Unichem Manly Pharmacy, "Arthritis, and its control."

Club Speaker: Christine Handley



From the President:

As the waves crash on the beach, I try to remember that this is really summer, and it will get better. It could be a time to remind ourselves that it is just rain and wind and nothing more disastrous.

The club visit to Eden Garden was enjoyed as a fellowship and wellbeing outing, as we wandered through the former neglected quarry, admiring the variety of plantings and learning from fellow members through the sharing of knowledge.

Over the past month members have enjoyed a variety of activities that club membership creates. We have, through Guest and Club Speakers, Mahjong and 500 groups, exercised our minds. A development from our last speaker is a Discussion Group which commences on Nov 9th. We have recruited another member for the Committee, and we welcome Ken Daniels as a Committee Member.

Our bodies we have not been neglected. The Ramblers group regularly completes their infamous 9km walk, through the Dining Out group, and of course through the other groups that always indulge our bodies after stretching our minds a little. The recent CBD group visited a building of architectural interest where we discussed the transformation from a warehouse to a rather exotic restaurant. Followed by exercise to visit a specialised ice cream shop where we all indulged our bodies, and minds, having to decide which flavour and cone to choose. All these activities meeting the goal of fellowship, and the important role of continued wellbeing of our peers.

\$\$ Please remember to bring small denomination money for Entry and Sales Table \$\$

REMINDER: Please remember to turn off your mobile phone during meetings.

COMMITTEE 2023/4

President: Verna Harford 0210 774 325
Vice President: Vacant
Secretary: Lynette Phillips 027 321 9713
Treasurer: David Kilsby 021 958 975
Membership: Verneice Kilsby 027 958 0005
Newsletter: Jean McIntosh 09 424 7115
Committee: Gill Wild 027 297 3414
Committee: Ken Daniels 021 621 411
Outings: Nancy Hewertson 022 083 2519
IPP: Neil Wild 027 270 1005

***Positions off Committee**

***Club Speakers:** Judi Lee 029 8942 522
***Welfare:** Monica Steele 09 558 8642
***Greeter:** Sue Lewis 0272 462 460
***Website & Photography:** Graeme McIntosh 0274 739 787
***Kitchen:** Colin Cathro 09 428 0869
***Guest Speakers:** George Tregidga 09 424 5322

LAST MEETING:



Our Guest Speaker for the 11 October meeting was Emeritus Professor Ralph Cooney, ONZM, FRSNZ, Dsc Phd. His subject was "A Pathway to Zero Carbon". With 80% of Kiwis acknowledging that climate change is real, his series of slides and commentary took us on a journey which included projected population growth, and the impact storms and floods will have on our mortality rate. Also, the likely impact on 25% of the planet's population from the release of 2 trillion tonnes of methane through the melting of the Arctic and Himalayan permafrost, was a chilling prospect.

However, with the target to limit climate warming to +2 C by 2050, the efforts currently being made with the Green Hydrogen revolution, a safer nuclear age and further development of renewables, all may not be lost.

FUTURE EVENTS:

Outing to Auckland Zoo, Thursday 23rd November. Meet at Edith Hopper Park, 9.30 am. Carpool. \$20 each with Goldcard and proof of address, at Zoo; \$16.50 if **pre-booked**. Clipboard on Club Day. Contact Gill Wild. **NOTE CHANGE OF DATE. Please read the helpful notes at the end of this Newsletter.**

CHRISTMAS LUNCH: at **The Archer**, Stanmore Bay, **12.30 pm, Wednesday 13th December**, following December meeting. Two courses, Entrée & Main \$45, or Main & Dessert \$39. Menu available on Club Day. Please pay direct to the Club's Bank Account. Price subsidised by Club, \$10 per member. Non-member partners and visitors pay full price, Entrée & Main \$55, Main & Dessert \$49.

BBQ, Te Haruhi Bay, Shakespear Park, 11.30 am, Wednesday 17th January 2024. **FREE** to club members, non-member partners and visitors \$10 each. BYO drinks, chair (and table), plate and cutlery.

CARPOOLING: \$\$\$. As most of our trips/events involve carpooling, this is just a gentle reminder. If someone is kind enough to offer you a ride, a monetary contribution towards petrol would be appreciated.

SALES TABLE: The Sales Table will be up and running with preserves, baking, and plants etc. See what we have for sale! **Contributions to the Sales Table are always welcome, garden produce, plants, books etc. But if you're your items are not sold, please take them home with you.** Thanks for your support.



INTEREST GROUPS:



The Ramblers Group: Meets every Monday morning. Contact: Peter Odendaal, 021 025 66903, peterodendaal@xtra.co.nz



CBD Explorers: Meet monthly. Contact: Judi Lee, Leeja@xtra.co.nz or 029 8942 522.



Dine-Out Group: Meets monthly. Contact: George Tregidga, gandc@xtra.co.nz or 424 5322.



Mah Jong Group: Meets every Wednesday, 1.30 pm. Contact: Verna Harford, vernaharford@gmail.com or 0210 774 325.



500 Cards Evening: Meets monthly. Contact: Pam Warner, pambiggs2003@yahoo.com.au or 021 146 5753.

OUT AND ABOUT



The Ramblers getting their weekly fix, left, on Labour Day around Gulf Harbour, and right, tackling the predator free fence at Shakespear Park.



Fifteen members carpoled to visit **Eden Garden** on 17th October, enjoying an outdoor lunch at the Café. The beautiful garden was decked with multi-coloured new spring growth, a testament to the planning and foresight by city fathers, benefactors, and volunteers since 1964.



Left: CBD Explorers Group visited **Amano** (Britomart) for coffee and a bite to eat. The old building used to be a warehouse. Then we enjoyed an ice cream at **Giapo**, an ice-cream speciality shop.

BIRTHDAYS IN NOVEMBER



**Piet Theron, Cathrina Theron, Graeme Norton,
Lyn O'Donoghue, Beverley Blyth.**

GUEST SPEAKERS: If you know someone who would be an interesting Guest Speaker, please give the details to George Tregidga, Speakers Convenor, who will then make contact, and all the arrangements necessary. Members are asked not to make a commitment on behalf of the club.

WELFARE

Our Welfare Person is Monica Steele. If you are unwell, or if you know of someone who is, or who needs a helping hand, a car ride, or any assistance, **please let Monica know if the Club can help in any way.**

Contact Monica Ph: 09 558 8642.

MEMBERSHIP: If any of your personal details change during the year, please notify Graeme McIntosh 0274 739 787, who will update the database. **Remember**, you can refer prospective members to the Club's website, www.rebus-gulpharbour.nz

Please add to your list a New Member:

Valereis Geldenhuys, 78 Maire Road, Orewa, 029 125 4323, valngf1@gmail.com

NAME BADGES: Please remember to wear your name badge to all Club meetings, all trips, and events.

We suggest you write the name and phone number of your "next of kin" (NOK) on the back of the name badge – just in case of an unexpected event etc.

IMPORTANT: PARKING:

Further to last month's information, the Yacht Club advises that if the carpark is full, members who still drive, **but who have difficulty walking**, may park their car on the grass next to the drop-off area, or nose-to-tail, in front of the garage.



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AUCKLAND ZOO TRIP – Thursday 23rd November 2023

Meet at car park, Edith Hopper Park to car share and be ready to leave at 9.30am sharp. Drive to Auckland Zoo car park at Motions Road, Western Springs, Akld (approx. 45km – 55mins).

Pay **\$20.00** on the day if you have a Goldcard and proof of being an Auckland Resident (i.e a bill with your name and address) or if you book online at least the day before, it is only \$16.50 each. Go to Auckland Zoo website / Ticketing.

Gill Wild (Zoo volunteer for 16 years) will guide you around the zoo. We will break for lunch. You can either bring your own lunch, or purchase it from the Zoo Café. Expect to leave Zoo at 2.30pm to travel back to Edith Hopper Park.

Driver Instructions

Drive to Silverdale and take State Hwy 1 South down and cross Auckland Harbour Bridge. Stay in the middle 2 lanes and exit State Hwy 1 and take State Hwy 16 West towards Helensville. Proceed and take Exit 6 to St. Lukes Road (Marked ZOO/MOTAT) Stay in left lane and turn right onto St. Lukes Rd, then turn left onto Great North Road. Travel approx. 0.5km and turn right at traffic lights, into Motions Road. Turn right into Zoo carpark. (Watch out for Trams) We will all meet at 10.30am inside the zoo at the ticket office. If you are running late, phone Gill. **Contact Gill Wild Ph 027 297 3414** or email neil.wild@xtra.co.nz.

If you want to attend, please put your name on the Zoo list at our next Club meeting.