



***Affiliated to Rebus NZ Incorporated***

***Established 25<sup>th</sup> 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 Secretary:** [rebusgulpharboursecretary@gmail.com](mailto:rebusgulpharboursecretary@gmail.com) OR 027 321 9713

**MEETING Wednesday 9<sup>th</sup> APRIL 2025.**

**Guest Speaker: Mike Pigneguy - Master Mariner.**

**From the President,**

This is not my first newsletter, but it is my first newsletter as President, and it is indeed a pleasure and an honour to hold this position. When the Steering Group formed this new club in 2019, I never imagined I would one day be wearing the President's Chain of Office, always considering myself more of a second-fiddle or support person rather than a leader. I am looking forward to the challenge, as I step into the shoes of my predecessors, especially Peter Odendaal, our first President, who set the standards I shall try to emulate.

Our Club is not a "members vs committee" club: we are all members, some are founding members, and some are new arrivals, but we all have the same responsibility to do whatever we can for the benefit of the Club, and I intend to involve as many of you as possible, to share the work required to keep our Club thriving.

We have some important vacancies to fill. On Committee we need: an **Outings/Functions Convenor** (could be a shared position), somebody with imagination and enthusiasm. Off-Committee we need a **Club Speakers Convenor, Welfare Officer and Greeter** (Sue Lewis will stay on until we have a replacement).

As advised at the AGM, the annual subscription for this year has increased slightly to \$30 per person. To those who have already paid, we thank you. If you need a reminder, a Proforma Invoice is attached for your information. Payment is due by 30<sup>th</sup> April, preferably by internet banking, with your name and description "subs". I look forward to the April meeting, where the pumpkins will be judged, and the blankets presented to Tina Jones for Y.I.T.

*Jean.*

**\$\$ Please remember: small money for Entry \$\$. and turn off your phone during meeting.**

## COMMITTEE 2025/6

**President:** Jean McIntosh 09 424 7115  
**Vice President:** Vacant  
**Secretary:** Lynette Phillips 027 321 9713  
**Treasurer:** Alister Fookes 020 485 0778  
**Membership:** Gill Raynor 022 139 7406  
**Newsletter:** Jean McIntosh 09 424 7115  
**Committee:** Gill Wild 027 297 3414  
Verna Harford 0210 774 325  
**Outings:** Vacant  
**IPP:** Ken Daniels 021 621 411

**\*Positions off Committee**  
**\*Club Speakers:** Vacant  
**\*Welfare:** Vacant  
**\*Greeter:** Sue Lewis /Vacant 0272 462 460  
**\*Website, Publicity & Photography:** Graeme McIntosh 0274 739 787  
**\* Guest Speakers:** Kathryn Officer 021 575 191  
**\* Kitchen:** Colin Cathro 09 428 0869

**LAST MEETING:** Following the AGM, this is your new Committee for the 2025/6 year.



L to R: Gill Raynor (Membership); Gill Wild (Committee); Alister Fookes (Treasurer); Jean McIntosh (President); Ken Daniels (IPP); Lynette Phillips (Secretary); Verna Harford (Committee).

After the AGM, we welcomed **Guest Speaker, Brendan Hallam** from **Dementia Auckland**. His subject was "**Cognitive Ability**". With a series of power point slides, he illustrated how the decline in Cognitive Ability is a natural part of ageing. Dementia is a general term to describe how the brain and short-term memory is affected. The main triggers of dementia are diabetes, hearing loss, high blood pressure, air pollution, excessive alcohol consumption, depression, head injuries, social isolation, obesity, inactivity, smoking and less education. *Keeping as physically active as possible, and exercising the brain with the company of others, learning new skill and hobbies, should help to keep the brain active.*

**The Club Membership stands at 63, and the Bank Balance at the end of March was \$3,658.**

### **FUTURE EVENTS:**

**Mid-Winter Lunch:** Mark this date in your diary, **Wed. 9<sup>th</sup> July**, following Club Meeting. Details TBA.

**NOTE: CARPOOLING:** As most of our trips/events involve carpooling, if someone is kind enough to offer you a ride, you might like to offer a contribution towards petrol etc.

**SALES TABLE:** Anyone interested in reviving the Sales Table? It generates funds to support our Club. Please talk to Jean or a Committee Member if you can help, or be part of a group.

### INTEREST GROUPS:



**The Ramblers Group:** Meet every Monday morning. Contact: Garth Dutton, [garth269@gmail.com](mailto:garth269@gmail.com) or 020 400 60844.



**CBD Explorers:** Meet monthly. Contact: Judi Lee, [Leeja@xtra.co.nz](mailto:Leeja@xtra.co.nz) or 029 8942 522.



**Dine-Out Group:** Meets monthly. Contact: George Tregidga, [gandc@xtra.co.nz](mailto:gandc@xtra.co.nz) or 424 5322. Next dinner Tues. 15<sup>th</sup> April, 6.00 pm at "The Archer" Stanmore Bay.



**Mah Jong Group:** Meets every Wednesday, 1.30 pm. Contact: Verna Harford, [vernaharford@gmail.com](mailto:vernaharford@gmail.com) or 0210 774 325.



**500 Cards Evening:** Meets monthly. Contact: Pam Warner, [pambiggs2003@yahoo.com.au](mailto:pambiggs2003@yahoo.com.au) or 021 146 5753.



**Discussion Group:** Meets monthly, the day after Club Day, 10.00 am. Contact: Ken Daniels, [kendaniels007@gmail.com](mailto:kendaniels007@gmail.com) or 021 621 411.



**Book Group:** Meets monthly at Whangaparaoa Library, last Tuesday of the month, 10.00 a.m. Contact: Cathie Theron, [piettheron@xtra.co.nz](mailto:piettheron@xtra.co.nz) or 09 428 7970. (Currently in recess).

### **BIRTHDAYS IN APRIL**



**Karen Clout, Keith Handley,**

**Jeanne Nicholls, Colin Hewertson.**

**Happy Birthday, we hope you all celebrate in style.**

**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-gulfharbour.nz](http://www.rebus-gulfharbour.nz)

**Five Committee Members manned a Publicity/Membership display at Coast Plaza** on 25<sup>th</sup> February. Last month we welcomed 10 visitors. Visitors may attend two meetings before deciding whether to apply for membership.

**GUEST SPEAKERS:** If you know someone who would be an interesting Guest Speaker, please give the details to Kathryn Officer, Speakers Convenor, who will then make contact, and all the arrangements necessary. Ph. 021 575 191.

**MEMBERS ARE ASKED NOT TO MAKE A COMMITMENT ON BEHALF OF THE CLUB, PLEASE!**

# OUT AND ABOUT

**Publicity/Membership Drive**, 25 February.

The Publicity/Membership Drive at Coast Plaza was very encouraging, but in future we would require more helpers please.



**Ramblers**, Monday 31<sup>st</sup> March, Gulf Harbour Ramble.



24<sup>th</sup> March, Orewa Beach Ramble.



10<sup>th</sup> March, Dacre Cottage Ramble.



**WELFARE:** If **you** could take over this role, please speak to Jean McIntosh. In the meantime, please phone

Jean: Ph: 09 424 7115 or Verna: Ph: 0210 774 325.

**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:**

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 Club’s garage.

[We now have a sign for “Reserved for Speaker Parking.”](#)



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If you have a pumpkin for the weigh-in at the April meeting, please let Graeme McIntosh know, so that we can arrange a display table, heavy lifting gear, and any other special requirements.



## REBUS CLUB OF GULF HARBOUR

**Membership Invoice for 2025/6 year \$30.00**

Subscriptions are now due with payment requested directly to our  
ASB Bank Account No 12 3084 0029743 00

If you wish to pay in cash, please enclose the payment in an envelope with your name clearly labelled and hand to reception at a Club Day.

Thanks, *Alister Fookes*, Treasurer.

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