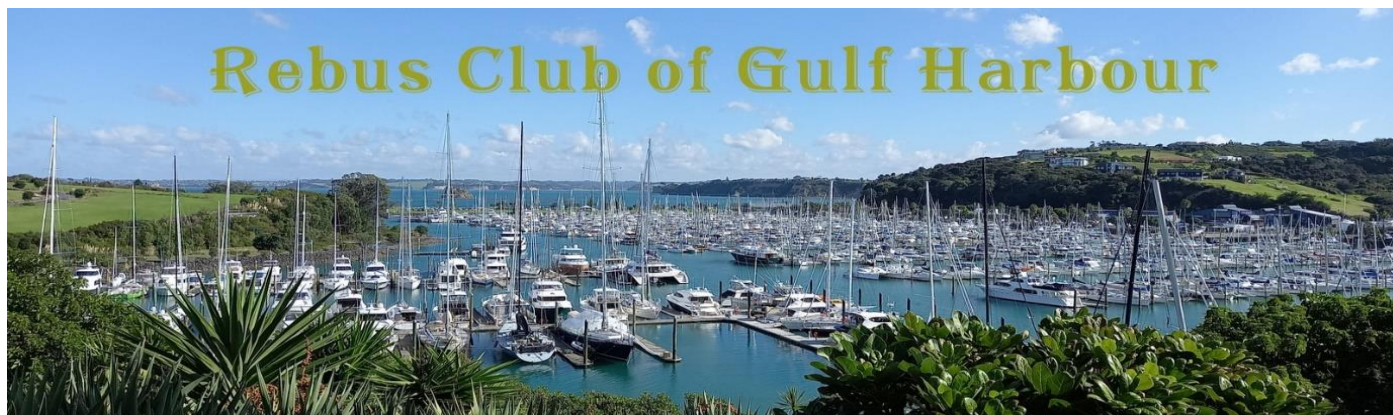


Steering a safe course



through our retirement years.



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 13th DECEMBER

Guest Speaker: There will be no Speaker this month.

Club Speaker: Pieter Hopkins



From the President:

November has been an eventful month. Sadly, we lost a member with the passing of Graham Norton. Our sympathy and support go to family and friends.

On a lighter note, we have, after 3 years, appointed a Vice President. We welcome Ken Daniels who has agreed to accept this role. Ken, you will remember, initiated much discussion with his Club Speaker talk on infanticide. I was so impressed with the level of member participation this talk generated that I rang Ken and suggested he develop a discussion group. The group will meet for the second time on 14th December. Further details in the newsletter. Thank you, Ken, for your contribution to Rebus Gulf Harbour,

We also welcome new members, Gill Raynor and Alister Fookes, to be inducted on Club Day.

I hope you enjoy the Christmas Lunch following the December meeting and look forward to seeing you at the January BBQ. Thank you, Neil, for assuming responsibility for organising the BBQ.

Peter O has surgery booked for 5th January. Every best wish, Peter, for a good recovery, from your Rebus friends.

To all members, I hope you enjoy family and friends during the festive season. Keep safe and well until we meet again on 14th February, 2024.

Verna

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

and remember to turn off your mobile phone during meetings.

COMMITTEE 2023/4

President: Verna Harford 0210 774 325
Vice President: Ken Daniels 021 621 411
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
Outings: Nancy Hewertson 022 083 2519
IPP: Neil Wild 027 270 1005

*Positions off Committee

***Club Speakers:** Judi Lee 029 8942 522
***Welfare:** Pam Naylor 021 394 966
***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:

atories (NSAIDs)



Our **Guest Speaker** for the 8th November meeting was **Tania Adams, Pharmacist, from Manly Unichem Pharmacy**, whose topic was **Arthritis and its Treatment**, a subject relevant to many of our members. Tania stressed that pharmacists do not wish to be viewed merely as 'pill dispensers', but rather as dispensers of information. She encouraged us all to talk to the staff at the pharmacy about our concerns. They are trained to provide guidance on the use of many treatments available.



Club Speaker was Christine Handley who gave us a glimpse of her interesting life, especially in Fiji with all its contrasts to life in NZ. Skiing is high on their list of priorities, here and overseas.

FUTURE EVENTS:

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, a little food for thought. If someone is kind enough to offer you a ride, you might like to offer a contribution towards petrol etc.

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.



THIS MONTH: TOMATO PLANTS AND CHRISTMAS TREATS.

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.



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

OUT AND ABOUT



The **Ramblers** enjoying their Monday exercise at Northcote Point, 6th November.

Club outing to Auckland Zoo, Thursday 23rd November. Organised by Gill Wild, a Zoo Volunteer, we had our personal tour guide. Thanks Gill. She even organised fine weather this year.



Left: the inaugural meeting of the **Discussion Group**, held at the home of Convenor, Ken Daniels, 9th November. All attendees have 5 minutes to introduce their chosen topic for discussion. December hosts: Piet and Catie Theron.

BIRTHDAYS IN DECEMBER



Lois Kenworthy, Bill Anderson, Frederick Elley, Trish Davis,
Graeme McIntosh, Ken Daniels, Jennifer Robertson.

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

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 New Welfare Person is Pam Naylor. 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 Pam know if the Club can help in any way.**

Contact Pam Ph: 021 394 966.

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 New Members:

Gill Raynor, fokesraynor@gmail.com, 021 397 406

Alister Fookes, fokesraynor@gmail.com, 021 397 406

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.



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