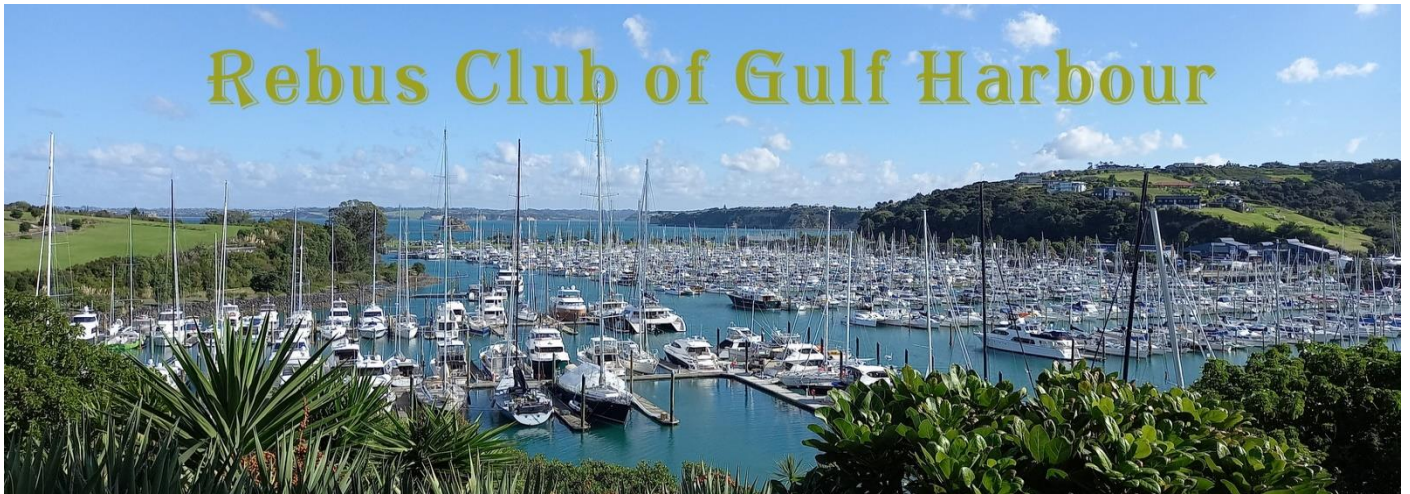


Steering a safe course



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 12th JULY

Club Speakers: Graeme & Jean McIntosh

Guest Speaker: Professor Paul Moon, topic: "Nostalgia and Utopianism"



From the President,

The weather has been different - however Club members have been active, undeterred by the weather. Twelve to twenty hardy souls have adventured out for an *adjusted to 9km* ramble each Monday.

Eight or nine members have played Mahjong each Wednesday, and a group of machinery enthusiasts adventured into the Waikato to discover what is happening in the world of agriculture. A group of '500' players continue to meet each month. The CBD group rose to the challenge of 4 bus trips, a short walk, not to mention the weather, to visit to the latest exhibition at the Museum, a history of the Egyptian culture. Ten members attended the Scamming Seminar at the Whangaparaoa Library.

The Dine Out group has a function planned for 25th July, and a wine tasting trip is planned for August 15th.

Following our July meeting next week 36 members will enjoy our Annual Midwinter Lunch at Mainsail Restaurant.

Finally, *Bon Voyage* to all those members who will be escaping from our 'cold dry' winter, as reported last month - just don't listen to any NZ weather reports.

Verna

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

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: Nancy Hewertson 021 161 0499
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
***Guest Speakers:** George Tregidga 09 424 5322
***Kitchen:** Colin Cathro 09 428 0869

\$\$\$ SUBSCRIPTIONS have all now been paid. Thank you all for attending to this matter.

LAST MEETING: There was no Club Speaker, as we wanted to give extra time to the **Guest Speaker, Véronique Guilloteau from "BRAINFIT"**, whose topic was: **"How we can, with a healthy brain, have strategies for everyday life, regardless of age."**

This engaging French lady covered a complicated topic in plain language we could all understand, and explained the process our brain uses to record memories. She involved us all throughout her talk, as she explained how we remember, and recall events. We were given numbers and words to memorise, demonstrating how we can train our brain to work in new ways. We waste too much time looking for items we cannot find, and were given tips to avoid this situation.



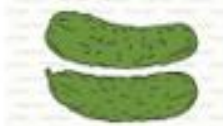
FUTURE EVENTS: The next **Dine Out** Group function will be at **The Picador** in Stanmore Bay on **25th July** at 6pm.

Wine Tasting at Fine Wine Delivery Company, August 15th, 2023.

MID WINTER LUNCH: "Mainsail", Gulf Harbour, **12th July**, immediately following the July Club Meeting. We suggest that you purchase any drinks from the bar, **prior** to being seated, to save time.

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. If you are uncertain, ask Jean, 424 7115.**

Thank you for supporting the Sales Table.





BIRTHDAYS IN JULY

Vincent Reidy 19th, Ngaire Norton 14th, Barbara Clark 12th,
Neil Wild 26th, Sybil McMullen 16th.

Birthday cake is good for you, the more you have, the older you get.

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**, 5th June at Greenhithe, 14 brave souls and 1 paparrazzi.



CBD Explorers having a great time at the Egyptian Exhibition, Auckland Museum, 29th June.

IMPORTANT INFORMATION



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: The new **Club Membership List** will be available to members soon. There will be a couple of copies of the new list on **Club Day, 12th July**, for members to check their own details (phone, email, etc.) before going to print. Please make sure you check the lists on Wednesday. You need only to make your alterations on **ONE** of the sheets, they will then be collated. If your details are correct, please **TICK** your name. Throughout the year new members receive a Membership List in their Induction Folder. Please keep it handy for reference. Updates with New Member details will be notified in this Newsletter throughout the year for you to add to your own list.

A Reminder: You can refer prospective members to the Club's website,
www.rebus-gulpharbour.nz

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

It is a good idea to 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.