



West Auckland Men's Rebus Club

<http://www.rebuswestauckland.nz/>
Affiliated to Rebus New Zealand Incorporated
<https://www.rebus.nz/>

Newsletter

OCTOBER 2021

The next meeting was to have been at 10 am Friday 8 October. Covid-19 Delta having put paid to that, the next meeting will (hopefully) be at 10 am Friday 12 November, at the New Lynn Friendship Hall, 3063 Great North Road, New Lynn
Because another group needs it, we must vacate the meeting room no later than 12 noon, so please be prompt and expeditious

COMMITTEE

President	Bill Mutch	celebrantwedding@gmail.com	817 4721
Immediate Past President	Bill Fairs	bill.fairs@gmail.com	627 8297
Secretary	Vince Middeldorp	vincemiddeldorp@gmail.com	828 5250
Treasurer	Justin Griffith	justin@griffith.co.nz	282 3104
Welfare Officer	Trayton Wickens	wickens@safetynet.co.nz	818 5340
	Barry O'Rourke	judderbumps@gmail.com	818 7935
Outings	Ian Smith	ismith435@gmail.com	027 4549343
Newsletter	John Mihaljevic	johnmihaljevicnz@gmail.com	09 836 1504
Speakers	Noel Rose	noelrose1976@gmail.com	828 1305
Hospitality	Trevor Pollard	fayandtrevor@kinect.co.nz	817 8822
	Alan Babich	ajbabich@xtra.co.nz	833 6169
Membership	Laurie Vincent	laurie_mary@outlook.com	820 2234
Attendance	Stephen David	sj david55@gmail.com	21641717
Webmaster	Vince Middeldorp	vincemiddeldorp@gmail.com	828 5250

Please note that my landline phone number listed above is now prefixed with the Auckland Area Code (09). This is now necessary, for both incoming and outgoing calls, because Vodafone gave me a new, wireless, modem, which requires it. Others lucky enough to have Vodafone as their ISP may be in the same situation. Sometimes it works without the Area Code, sometimes not.

CLUB BUSINESS

PRESIDENT'S REPORT (aka PRESIDENT'S PRATTLE)

Hello from Titirangi (foothills of Auckland) where since going to level 3 a lot more cars are going past. I have not driven for so long now, but I do go out for 15 minute walks most days. My cat "Noni" seems to like us all being at home and helps keep the weeds out of the garden. My Beefsteak tomato plants are growing nicely. I got to pick up an online order from Mitre 10 in New Lynn. My son went and picked them up: an amazing service.

It will be interesting to see what level we go to next week. It's sad to hear of some breaking the rules and causing problems. I think our age groups are very good at sticking to the rules. I have had some members ring me and I have rung some myself. Thinking about that, perhaps some of us need a few lessons and instructions on the use of Zoom or What's App. I use Zoom for my Railway Enthusiasts Committee meetings, where 7 of us use it. It's amazing and clear and easy. At a future meeting we should allow time to discuss such. I am sure between us all we would be able to help each other. Age is not a barrier, as the Railway Committee is all in our age group.

It seems so long since we have had a trip or a coffee morning but we need to aim for our end-of-year Christmas lunch. Have we got concrete ideas as time gets closer? When our next meeting is will depend on our covid level rules.

There have been some more comments about the handrail needed at the hall. The side entrance does need one; however, we have asked, and asked, but no action, so Vince and I will make sure we unlock the main door until the rails are fitted, but at least it's far better than all the stairs and crappy old lift of our old venue, but I will ask Vince to email them again about our request.

I feel for the staff of our Supermarkets. They are working well beyond their normal duties. I know many owners of supermarkets and they are getting worn out just trying to keep stock and getting tired. Staff are doing extra shifts, so please be nice to the staff and if they are perhaps a bit grumpy, just smile and bear it.

Claudia has been wonderful during the lockdown, so I told her she could get the can opener and open my big tin money box and put all the money in her bank account when they reopen. In small change, Claudia got \$246 so is very happy.

I value all members, so take care.....President

CLUB ACTIVITIES

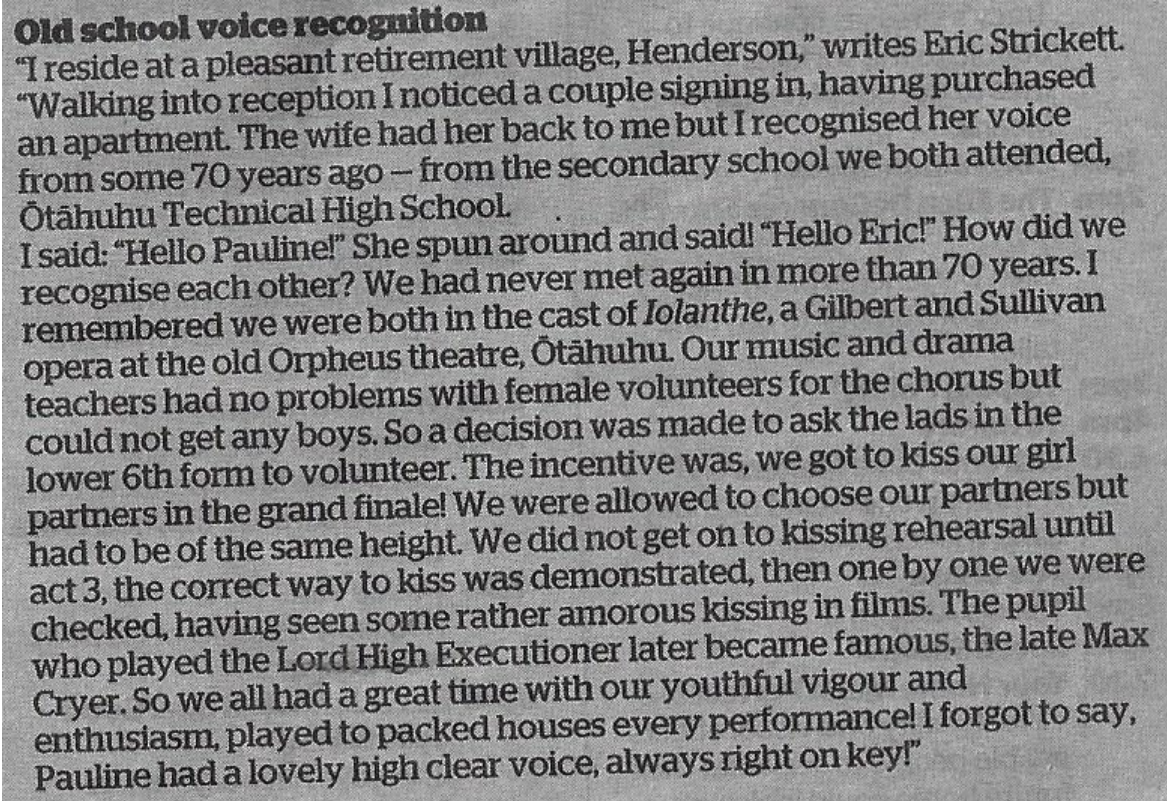
There not having been a meeting, or any other Club activities, in September, there is no Secretary’s Report (not even correspondence), no Speakers, no Quiz, nor any Outings or Coffee Mornings. Nor any such in immediate prospect.

MEMBER’S CONTRIBUTION

Fortunately, there are some contributions by, or about, members.

ERIC’S SAGA

Those of you who are not regular readers of *The New Zealand Herald* will not have encountered these snippets from said publication’s *Sideswipe* column.



Thursday 9 September

It seems that Eric’s memory is not what it should be:



Monday 13 September

Eric is a not infrequent writer of letters to the *Herald*, but I think this is his first contribution to *Sideswipe*. Keep up the good work, Eric. You are an example to us all.

When I sent the above to Eric for comment, he replied with:

Hello John, yes, there is more! Coming back from my morning walk, the front office [at Waitakere Gardens, where both Eric and I live] stopped me and said: *While you were out a lady rang and said she knew you and your 2 brothers and only sister, who incidently was in a later Gilbert and Sullivan, The Mikado, put on by the same school!*

We 4 siblings were all at that same school together! Unique in the fact that separately on the same campus there was an intermediate school and a secondary school with 700 girls and 700 boys – 1,400 in all! The largest school in New Zealand at the time The reason for this was to make it easy for pupils from small local schools, such as our Mangere East primary school, with only 100 pupils, like many others at that time.

It was a traumatic experience for these kids to go from a school where every one knew every one to start the new year at an intermediate school with hundreds of pupils! Very unsettling personally and scholastically!

So our school was uniquely set up to minimise this. Both intermediate and secondary schools kept apart on same campus. After 2 years pupils transferred to the secondary school using the same entrances front and back. Two classes of a total of 100 pupils did this each year, so you were not alone! So the 4 of us were there together.

I was able to contact a mrs -----, nee ----. one of 3 sisters living about 1km away: the eldest my age, the lady I contacted was the middle one of 3. Our 2 families knew each other well!

We had a very long phone call pleasantly reminiscing with a lot of laughter over so many incidents and pranks. I had not met this lady again after we both left school. Many graduated and went on to famous careers! To name several, our late labour prime minister David Lange, his father Dr. Lange, a well loved and respected local Otahuhu doctor, general practitioner, specialising in obstetrics. Later he built his own maternity hospital close to his big 2 story local home. David's young brother, Peter, also was there - also a famous New Zealand character! Also the late Barry Crump. Lastly, a top New Zealand Army officer, the late major John Hall, who was presented in Wellington with a top New Zealand military medal by the Governor General, along with many other award recipients, for outstanding military service in command of a company in the Malaysian conflict during his tour of duty. He never lost one soldier; only a few suffered minor wounds in what was a local guerilla conflict of typical ambush hit and run tactics.

John joined the New Zealand Army as soon as he could, at the age of 18. He was selected for O.T.U., here was soon recognised as a possible career officer. He was then sent to Duntroon Military College, where 2 years later he graduated with an excellent record. After further training in New Zealand, he was progressively promoted to the rank of captain while training his company. Later, with his company, he was sent to join our allies, England and Australia fighting the Malaysian conflict. Other New Zealand companies also served there, but with major casualties, as did the other allied forces!

John was later promoted to major. He did not use the tactics then used by New Zealand and allied troops. He took a huge risk, being a very clever soldier, and formed his own tactics! Successful as above, after his tour of duty he and his company were repatriated back home to New Zealand. John was asked to lecture top New Zealand Army brass on his successful command in Malaysia. The conservative brass were not impressed! He was very lucky not to be "cashiered" – a polite expression for resigning quietly. Instead, he was sent sideways to close down that big successful Papakura military camp, that had trained thousands of soldiers.

This appointment broke his heart. He was commanded to destroy everything he believed in and worked for over many years. He promptly retired. For a while a bitter man. But strong. He and his wife bought a citrus orchard at the top of the Bombay Hills; sunny, overlooking both harbours. Here John found peace of mind. He and his wife enjoyed many years here until later John passed away too early; surely brought about by the stress he encountered back here? And that army conservative brass succeeded in railroading a former outstanding New Zealand. officer! Us bunch of contemporary school friends, and many others organised a special function in his honour after his resignation. Here John was able to relax and talk about it all. Gave him a fresh start. He said *Thanks all, I've now become my former positive self.*

3 of 5 Maurant sisters also schooled there. The eldest of 5 was my mother, Marguerite. All now deceased, except the youngest, Julie. I'm 8 days older than her - that took some organising! We keep in regular touch. I say to her: *Hello, Auntie Julie.* She replies: *Hello Eldest Nephew.* We both laugh! There is a great story re these 5 sisters and their parents, my maternal grandparents! Another time? [I'll hold him to that.]

Eric subsequently added the following:

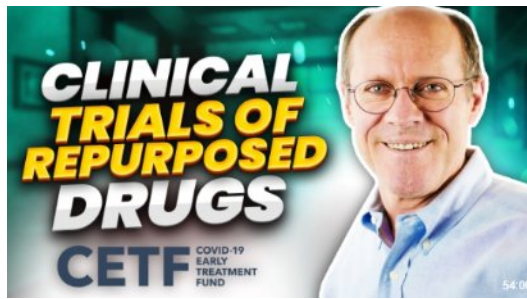
My criticism of the New Zealand Army re one of my friends John Hall, is only in that on specific case, not the New Zealand Army collectively.

In no way do I want upset so many elderly members, veterans of our three military services, some who had careers, others volunteers, and many who were called up (conscripted) into the military All fought hard and valiantly, lost many of their best mates, or saw them invalided back home seriously injured, again. Some of our members?

Now we are all ageing, these members even quicker, because of their direct involvement in World War Two and others since in some way. If not too late, can this be achieved?

Even in a P.S. situation quoting me? That publicity would not worry me, it needs to be said. So quoting an old fleet street saying, "the paper has been put to bed!" i.e. being printed.

Although Eric is no longer a member of our Club, he does keep in touch and is a frequent guest at our social events.



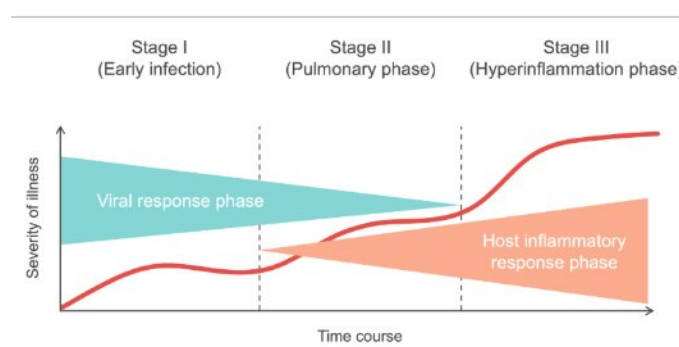
Up until a few weeks ago I'd never heard of Silicon Valley multi-millionaire Steve Kirsch. However every day I use the product he invented and patented: the optical mouse.



The reason I've come across Steve Kirsch is that he has set up the Covid-19 early treatment fund. The goal of the fund is to raise \$20 million dollars to find an existing drug or combination of drugs that, when given early, reduces hospitalization and fatality rates.

Steve Kirsch has an interesting take on many things related to Covid-19. One of those is that cloth masks are the equivalent of using a wire netting fence to keep out mosquitoes.

Covid-19 is an illness which has three stages and the treatment being given needs to be tailored to each stage. In stage 1 the virus is replicating and stopping viral replication makes sense. In stage 3 the problem is hyper inflammation and anti-inflammatory treatments are needed.



In March 2021, Pfizer began an early stage trial of a new antiviral therapy for Covid-19. The drug hampers production of enzymes needed for the Covid-19 virus to multiply in human cells. The idea is for the drug to be prescribed at the first sign of infection; without requiring that patients are hospitalized or in critical care. It is an early treatment drug for stage 1 Covid-19.

Steve Kirsch says everything now is about the vaccine. He says the pandemic will end when the wheels fall off the vaccination bus. Recent comments from Dr Anthony Fauci, Chief Medical Advisor to the American President, suggest Steve Kirsch could be right. Dr Fauci said, *The vaccine is very successful. The durability of it is something that's a subject of considerable discussion and sometimes debate.* The word "durability" is jargon for how long the vaccine provides protection.

In Israel, which has one of the highest vaccination rates in the world, the durability problem (i.e. short term effectiveness) has resulted in their Chief Covid-19 Officer, Professor Salman Zarka, saying that Israel should begin preparations for administering fourth coronavirus vaccinations.

Giving repeat boosters ad infinitum might not result in lifelong protection. That is because effects such as "high zone tolerance," which render boosters useless, could result from constantly repeated vaccinations. New variants might also emerge which evade the protection resulting from vaccination. Vaccines look like being a short term solution and more suited to vulnerable groups rather than for entire populations. If that proves to be the case, the world is not going to be able to vaccinate its way out of the Covid-19 pandemic.

If vaccination is not the answer, how is this Covid-19 pandemic ever going to end? I think it will come to an end because of herd immunity; and not herd immunity not resulting from mass vaccinations, but from effective early treatments.

This result appears to have already occurred in the Indian state of Uttar Pradesh (population 230 million). New cases of Covid-19 have remained below 50 for over six weeks now (down from a peak of 38,055 on April 24) despite only 13.34% of the adult population having been fully vaccinated.

The World Health Organisation (WHO) explains the results in Uttar Pradesh as follows; *Each monitoring team has two members who visit homes in villages and remote hamlets to test everyone with symptoms of Covid-19 using Rapid Antigen Test Kits. Those who test positive are quickly isolated and given a medicine kit with advice on disease management.* The WHO does not identify the medicines in the kits. It appears to want keep them as secret as the sauce at McDonalds.

When it comes to promising new early treatments, Merck has an experimental oral COVID-19 antiviral drug, Molnupiravir, that is likely to be effective against known variants of the coronavirus including the dominant, highly transmissible Delta. As already mentioned, Pfizer has an early treatment drug undergoing trials (PF-07321332).

When it comes to repurposing existing drugs, the first research study Steve Kirsch financed produced a "holy moly" outcome. The drug involved was the anti-depressant Fluvoxamine.

The results of the randomized clinical trial were so remarkable, the research paper, *Fluvoxamine vs Placebo and Clinical Deterioration in Outpatients With Symptomatic Covid-19*, was published in the prestigious Journal of the American Medical Association (JAMA).

The trial results for the Covid-19 patients showed that clinical deterioration occurred in 0 of 80 patients in the Fluvoxamine group and in 6 of 72 patients in the placebo group. Clinical deterioration was oxygen saturation in the blood dropping below 92%. When that level is reached shortness of breath results and hospitalization is indicated.



The Fluvoxamine trial led to a CBS 60 Minutes story which featured Harvard-educated South African, Dr David Seftel. When Dr Seftel was faced with 200 positive cases of Covid-19 at California's Golden Gate Fields racecourse he offered prescriptions for Fluvoxamine to those with Covid-19. Sixty-five patients elected to take Fluvoxamine and forty-eight declined. None of the sixty-five ended up in hospital. Six of the forty-eight ended up in hospital; and one of them died.

Another timely article from Vince, but I am sure we are all (including Vince) looking forward to hearing no more of you-know-what.

REX BILLINGTON

(written by Vince and updated by Rex)

For many years New Lynn Men's Probus Club had a ten minute speaking slot which would be filled by a club speaker. In May 2005, and again in March 2007, the club speaker was **Dr Rex Billington**, who retired in 2000 after 18 years with the World Health Organisation (WHO).



In his first talk Rex said he spent 10 years at the WHO, based in Alexandria, where he represented 26 countries, and then eight years as a scientist based in the Geneva Head Office. During the Geneva sojourn he held 2 director posts, one in the Global Program on HIV/AIDS and the other in the Division of Mental Health. He gave two examples of work done by the WHO: one in Yemen and the other in Pakistan.

In Yemen it was revealed that many babies were dying due to harmful bacteria contaminating baby food (infant formula). It was during those days when bottle was advertised as being better than breast. During its preparation because of a shortage of both fuel and water mothers would prepare more milk than was needed at the moment and store it for the future feedings. The formula soon became infected. WHO was able to use its influence to encourage Nestlé to stop its propaganda promoting the practice of feeding babies infant formula when the mother's breast milk is possible. Breast is best.

In Pakistan, a WHO assessment mission of 20 health professionals led by Rex revealed that the immunization program to prevent prevalent childhood diseases, though very good overall, was not so successful in certain rural parts of the country. The mission found that this was because it was not acceptable to some fathers that male vaccinators should give injections to their daughters. The identification of that cultural obstacle resulted in changes being made so that more female vaccinators were recruited in future. This however resulted in many trained women teachers leaving their jobs as teachers to become vaccinators because they were paid more. One service gain can be another service loss.

In his second talk Rex spoke about the more interesting topic of longevity. These days we are constantly being told people are living longer, that the amount of funding required for New Zealand Superannuation is "going to bankrupt the country", that people need to save for their retirement with Kiwisaver and that the retirement age could be lifted. More people are living longer and into retirement age. True. However the real increase in longevity data does not really reflect that a greater number of people are living to 100 years or more, but does reflect that proportionally fewer babies/infants are dying than in previous decades. Thanks of course to our Plunket and Health Care Services there are fewer baby/infant deaths, which consequentially increases the longevity rate of a country.

Rex said that in Botswana (year 2000) 36% of the population had AIDS; mostly young people. The effect on family and the work force is serious. Antiretroviral therapies now have transformed HIV infection from an almost uniformly fatal infection into a manageable chronic condition in many countries.

In today's world, public information on food and environmental influences on health are well known and advertised. Because of this progress, people's health and longevity have improved. Obesity rates have, however, gone the other way and worsened. New Zealand now has the third highest adult obesity rate in the OECD.

David Lucier
Saturday at 10:47 AM · 🌐

I washed my hands so many times, I found the answers to my 8th grade social studies test.



At a bowling alley they put up this sign!



**THOUGHTS AND PRAYERS
GOING OUT TO ALL THE
MARRIED MEN WHO'VE SPENT
MONTHS TELLING THE WIFE
I'LL DO THAT WHEN I GOT TIME**

**FIRST TIME IN
HISTORY
WE CAN SAVE THE
HUMAN RACE BY LAYING
IN FRONT OF THE T.V.
AND DOING NOTHING
LETS NOT
SCREW THIS UP**

After 2 weeks of quarantine with her husband, Gertrude decided to knit him a scarf..



**First day at the beach
after quarantine.**



**This quarantine has me
realizing why my dog gets so
excited about something
moving outside, going for
walks or car rides. I think I
just barked at a squirrel. 🐿️**

**If you see my kids locked
outside today, mind your
business. We are having a
fire drill.
#HomeSchool**



AFTER ALL THE STUPID, STUPID THINGS I'VE DONE IN MY LIFE...IF I DIE BECAUSE I TOUCHED MY FACE, I AM GOING TO BE SERIOUSLY PISSSED.

Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

Until further notice the days of the week are now called, thisday, thatday, otherday, someday, yesterday, today and nextday!



**Homeschooling Day
3 :
they all graduated
yesterday**

**You can either have
a nice day or you
can help your child
with their math
homework.
You can't have both.
-Coronations
03:30**

**My wife yelled from upstairs and
asked, "Do you ever get a shooting
pain across your body, like someone's
got a voodoo doll of you and they're
stabbing it?"**

Sounding concerned, I replied, "No..."

She responded, "How about now?"

BEARDS

Those of us who sport facial hair might be interested in why we do (or at least why we are able to do so should we so desire). From *Sideswipe* Monday 13 September:



OTHER

ONLINE BANKING

With cheques now a thing of the past, and bank branches, and even ATMs, being few and far between, Internet Banking has become, if not welcome, certainly unavoidable. Specifically, you can now pay your Rebus subscription directly into our bank account: 38 9022 0402722 00. The precise details of how to make a payment will depend on just how your bank's web page is configured.

You will also have to set your account up with your bank first. Just go to the relevant page on your bank's web site and follow the instructions there. This process, and making payments, is not difficult, but can be daunting at first. When I signed-up for online banking, and also when I made my first online payment, I did it while on the phone to my bank's Help Line. The nice lady on the Help Line talked me through each process. With her help, it was all a lot easier than I had feared. I now regularly make online payments without any problem, and I also check my account on line whenever I want, both from the comfort and safety of my home.

An alternative to Internet Banking that you might prefer is Telephone Banking. I have never used it myself, so cannot comment on it from personal experience, although my sister has been using it for years, quite happily and successfully. Again, ring your bank's Help Line and take it from there. I do know (from my sister) that ASB has a separate phone number for Seniors, which is much better (less waiting) than that for younger customers.

SERVICES

JUSTICE OF THE PEACE

Charles Nicholls is a JP, and has offered fellow members his services as such, as per:

I am available to assist members with any documents that need a JP to sign. Our services are free. I can be contacted on this email cdnich300@gmail.com or on my landline 09 6293816 or as a last resort on my cell phone 02102551937.

If members cannot get to my house, I will visit people in their homes or meet them at one of our meetings.

Services are free. If members want a JP and for some reason I am not available they can access the following website <http://justiceofthepeace.org.nz/>.

While all JPs can act, I recommend that clients go to one that has the word accredited by his/her name as that means she/he has kept up with recent training.

It is unlikely that Charles is the only member with knowledge/skills that might be useful to other members. If you can contribute in any such way, please write a short notice and send it to me, to include in the Newsletter, and to Vince, to put on the website.

SENIORNET WEST AUCKLAND

Members of a digital bent might be interested in the services offered by SeniorNet West Auckland (<http://www.seniornet-west-auckland.org.nz/>): two Help Sessions and a Meeting each month. The Help Sessions are on the 2nd and 4th Tuesdays of the month, 10-11 am, at its Learning Centre, upstairs in the Henderson RSA (66 Rainside Avenue, Henderson). There is a \$5 fee. The Monthly Meeting, with a speaker, is on the 3rd **Tuesday of the month**, 10 am – noon, in the Red Poppy Restaurant in the Henderson RSA. A \$2 donation will give you morning tea and 3 chances of a small prize.

With COVID-19 once again in abeyance, normal services have been resumed. The next meeting will be on 17 November. The November Help Sessions will be on the 10th and 24th. The final Help Session of 2020 will be on 8 December. The first of 2021 will be on 26 January.

COMPUTER SERVICING

Grant Stevens, operating as Eden Computers (www.edencomputers.co.nz). I have not needed his services much, but I have found him very helpful when I did, as have others I know, Noel Rose for one. So Grant is the man to go to if your computer needs care and attention. Grant's contact details are on his website, above. If you cannot access him via his website, you can ring him at 09 638 8188 or 0274 939 017.

OTHER MATTERS

You can download the Rebus Federation Constitution at <https://www.rebus.nz/documents>, where it is listed under *Rules of Rebus NZ*. It was originally intended to append it to this Newsletter, but 13 pages is too long – I am not that desperate for content.

SUPERSENIORS

If you are not already in the habit of doing so, you should consult the SuperSeniors site (<http://www.superseniors.msd.govt.nz/>), where you can find much useful and interesting information, as well as sign-up to their eNewsletter.

SUPPORTERS

West Auckland Mens Rebus gratefully acknowledges the support and assistance of:



The Federation is always there for us, with help, advice and encouragement.



We are all grateful for their support.

The next meeting will be on Friday 12 November 2021
(usual time, usual place)

This issue of the Newsletter is my 46th, over 4 years. My first was in October 2017, when Jack Morley decided that he no longer wanted to be both Secretary and Editor. I've made some changes, particularly to digital distribution and fuller accounts of speakers and club activities. I've also encourage members to contribute material. Without such contributions, this issue would be much smaller, even non existent. Thank you for your contributions, and please keep them coming. Now even more than ever.

If anyone has any views, opinions, information, requests or questions they want to share with members, please do not hesitate to send them to me, so that I can include them in the Newsletter. Remember, it is YOUR Newsletter: feel free to contribute to it as you will. I do not want to have to write it all myself – I'm too lazy for that!

If you have any queries or problems with distribution, please raise them with Secretary Vince Middeldorp (vincemiddeldorp@gmail.com or 828 5250). Vince is responsible for distribution, I for content. Any contributions are most welcome (JohnMihaljevicNZ@gmail.com).

John Mihaljevic (Newsletter Editor)