



West Auckland Men's Rebus Club

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

Newsletter

MARCH 2023

The next meeting will be at 10:00 am Friday 10 March at the New Lynn Friendship Hall, 3063 Great North Road, New Lynn

COMMITTEE

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CLUB BUSINESS



Andrew Narayan, Peter Cox, Bill Fairs and Trevor Pollard engaged in conversation before the start of the February meeting

PRESIDENT'S PRATTLE

President's Report

Bill Mutch



Bill Mutch working through the paperwork in preparation for the February meeting

February has been a month far from our summer, with flash floods and 11 known deaths. Many folk have lost houses and let's not forget the animal deaths.

I have not heard of any of our members being in serious trouble. Please let us know at our next meeting.

Covid is still around but is now being treated like an everyday problem, so still be aware of the danger. It has taken its toll on our membership.

I was very happy with how many paid their membership fees and some gave a donation as well.

Anthony Dennis left our club to go live in Melbourne and I'm pleased to report he has been happy with his move, but is missing us. He joined a Probus club but said they have the same trouble as us --- declining numbers.

As our membership is lower, we have to keep an extra eye on our funds, so if you would like to do a presentation instead of us paying a guest speaker, let Noel Rose or us know.

Do not forget visitors are always welcome.

The start of our next meeting will be our AGM, so if you would like to put a hand up for one of the leadership roles, please do so. Ring me at 021316556 or 817 4721 if needed.

I promise the AGM will be over as quickly as possible.

See you soon.

Bill Mutch

CLAUDIA'S CORNER

Listen Up

You won't believe everything
you hear.

But you sure can repeat it !!!

Are You Sure?

Two hunters walked out of the forest
when one hunter collapsed.

He is not breathing and his eyes are glazed.

The other guy gets 911 and yells down
the phone, "I think my friend is dead,
What can I do?"

The 911 operator says, "First calm down
make sure he is dead."

There was a time of silence, then a loud
gunshot. Then he says, "What now?"

Enjoy Claudia



MEETING REPORT

February 2023

Vince Middeldorp

To get some quiet so he could start the meeting, Bill Mutch dinged the desk bell and banged his gavel on the desk. He asked if we were looking forward to the nice storm which was coming on Sunday. Bill said to batten down the hatches. No one could have imagined the damage cyclone Gabrielle was about to unleash.

An apology was recorded for Trips Organiser Ian Smith and for Alan Babich. The apology for Alan was put in by Trevor Pollard. Alan has had cataract surgery but so far only on one eye.

Bill said that Trevor would need a hand in the kitchen afterwards and a couple of members to help him would be good.



Trevor Pollard has everything prepared in the kitchen before the meeting starts

There were no matters arising from the January meeting. Bill reported he had signed the January minutes.

Charles presented the Treasurer's Report including the Annual Accounts for 2022. Income for the year was \$1,120.54 and expenditure \$1,176.03 resulting in a deficit of \$54.49. Trevor Pollard moved and Bill Mutch seconded the approval of the Annual Accounts.

The figures for 2023 (to end January) were cash in the bank of \$615.62 and \$1,221.13 on term deposit.

Charles said that when a speaker gives the money back to the club, he records it as a donation, so that a true picture is given in the annual accounts for expenditure. He has done an estimate for 2023 on a worst-case scenario basis, which shows a deficit in the range of \$500 to \$700. He said early in 2024 we need to make decisions on the future of the club.



Charles Nicholls writing a receipt for Ken Watson's subscription

With Ian Smith being an apology, Vince Middeldorp said that the Gold Card Trip to Waiheke was on Wednesday 22 February and we catch the 11:00 am ferry. We would go to Onetangi and spend 30 minutes at Charlie Farley's cafe then go back to either catch the 2:00 pm ferry or to The Local in Oneroa for lunch and catch the 3:00 p.m. ferry. Ian Smith's recommendation was to be on the 9:30 a.m. train from Henderson. Bill Mutch warned that the trains between Henderson and New Lynn were sometimes being replaced by rail buses. Alan Verry said that a shuttle train service had been operating between Henderson and New Lynn.

Both Charles Nicholls and Bill Mutch warned about the reliability of Fullers, with Charles saying a visitor who stayed with them, gave up going to Waiheke because there were so many people trying to catch the ferry and Bill saying that this morning's 6:30 a.m. ferry from Devonport was cancelled due to lack of staff. Alan Verry said to make sure the trip was on a day when the cruise ships were not in port.

Bill Mutch and Alan Verry spoke about the book sale at the Railway Enthusiasts Society on Feb 25 and Feb 26, which included a collection from W W Stewart, who was the doyen of railway historians.

While waiting for morning tea Vince Middeldorp showed how the domain registrar we use for rebuswestauckland.nz last year gave us a free domain called rebuswestauckland.site. Now that the one year free period was over, they were invoicing us for it, i.e. they sent a bill for something that we did not request, did not use, and did not want. An unsuspecting accounts payable clerk would have paid this year's invoice, thinking it was for the actual domain name being used. Vince said he wasn't sure whether to call it a scam or a confidence trick. Someone suggested the correct word was swindle.

Item	List Price	Buy Price	Discount	Qty	Total Price
rebuswestauckland.nz Domain Name Renewal Term: 2 Years (27/03/2022 - 27/03/2024)	\$57.90	\$49.40	\$8.50	1	\$49.40
rebuswestauckland.site Domain Name Registration Term: 1 Year (14/03/2022 - 14/03/2023)	\$47.50	\$0.00	\$47.50	1	\$0.00
Subtotal:					\$ 49.40
GST					\$ 7.41
Total:					\$ 56.81

Last year's invoice had a free second domain on it (list price \$47.50 and discount \$47.50) and this year the free one is billed!!!

GUEST SPEAKER JUDE WALTER

FEBRUARY MEETING

Vince Middeldorp



Vice-President and guest speaker organiser Noel Rose with Jude Walter from Brainfit World

Jude Walter is the Brainfit World coach for the Auckland Central Region. She helps people keep their brain in top nick condition regardless of how old they are.

She said in today's talk there would be a range of tips and techniques that can help develop habits to keep a healthy brain.

All of us know people who have suffered from degrees of memory disorder and from Alzheimer's. What she is talking about is being the best prepared you can be for whatever lies ahead.

Jude says your brain never ever sleeps. During sleep, the brain is consolidating memories from what happened during the day. If we are not getting good quality sleep, we are not consolidating those memories in the way we should.

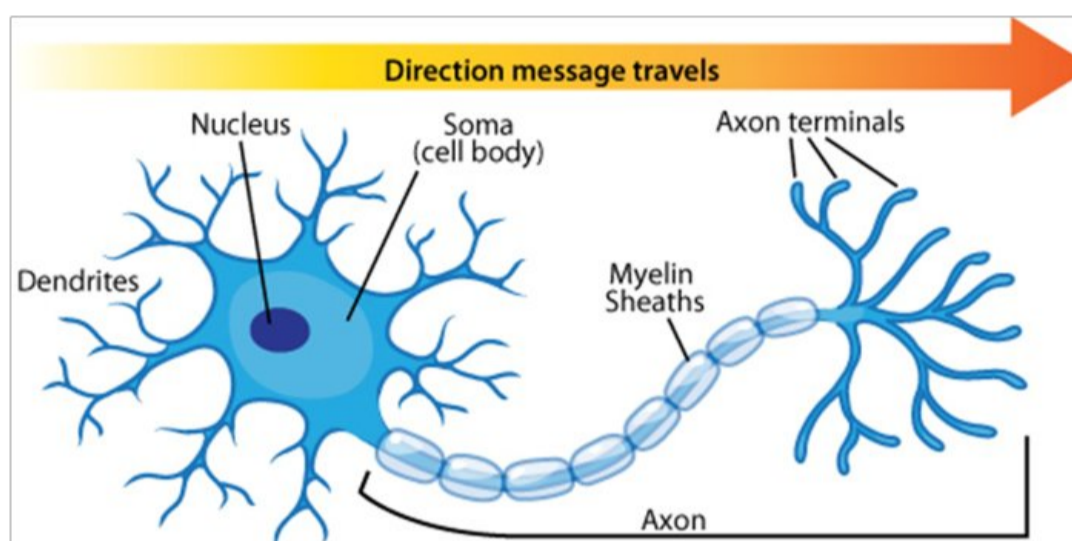
Research shows that the average person spends thirteen minutes every day looking for things or retracing their steps. More important than the time wasting factor, is that memory lapses really undermine self-confidence, and that stops you from doing things.

To enter our memory, everything has to come in through our sensory memory. What we see, smell, touch, taste and hear is the only way things can enter our brain. At the sensory memory stage, you have seven seconds to decide if something is worth remembering or if it is not. For example, no one would

remember the colour of the car they followed on the way to the meeting. It is filtered out at the sensory memory stage because it is not possible to remember everything from every day.

Anything that you want to remember will carry down the memory journey to the second stage, which is the short-term memory where you have 30 seconds to deal with it. If you attach some more memory traces to it, then it will carry on down to the long-term memory. If we do not attach memory traces, it will be filtered out and forgotten. Memory is not a sponge which soaks up everything.

There are one billion neurons in the human brain and each one is capable of being associated with more than one memory. The neurons have dendrites to which new information from the senses is attached.



Neuron anatomy diagram

The neurons also have axon terminals which reach out and attach to the dendrites from other neurons. Each neuron is capable of 10,000 synapses, which is when two neurons meet. The more of the synapses we create, the stronger, bigger and more robust our brain and our memory will be.

We create synapses by challenging our brain with new and different. Therefore, doing a crossword one day, a sudoku the next day and a jigsaw the day after is better than doing the crossword every day. There is a difference between exercising the brain and growing it.

The process of growing the brain creates cognitive reserve and the more you can create before you notice changes in your memory, the better equipped you will be to deal with the impact of age on the brain. Your brain will grow from the day you are born to the day you die if you use it.

People are coming to Jude's classes in their thirties and forties and saying that their memory is shot. When you dig a bit deeper, the key reason is that they are not paying attention. That means they are not creating memories in the first place and that is probably because they are so busy multi-tasking and distracted by everything that is going on. They are not stopping at the 30 second stage to say this memory is important and needs to be remembered.

Another feature of memory is that memories get overlaid with similar memories, e.g. what you had for breakfast yesterday and today. If you went out for lunch at a café with someone, you will probably remember what you had for lunch that day because of all the other memory traces that were attached to it.

Even with the best memory, things fade over time. When you start using those memories again, they return. For example, you learn French at school and fairly well forget it until your children start learning French and then it comes back to you.

Prescription and non-prescription medication can often affect your memory. Jude says to talk to your healthcare professional about trying an alternative medication if you notice that happening. The alternative might not have the same side effects.

Any form of brain injury can impact your memory. It is not all doom and gloom because the brain has an amazing ability to super power the areas around the injury and so it is never too late to work on your memory.

If you create a memory which is incorrect to start with, then it is three times as hard to correct that memory as it was to create it correctly in the first place. One example would be learning the wrong name for someone and then getting that person's name right. You need to take the time to commit things correctly to memory from the very beginning.

Jude's favourite memory technique is a three-step process. Number one is that you have to focus. Literally shine a spotlight on what it is you want to remember. Step two is to connect. Take the 30 seconds which you have to make as many connections as you can with other things that you remember. Lastly rehearse, that means react with the information in as many ways as you can. Every time you pull something out of your long-term memory, it becomes stronger.

Jude then went through an exercise which involved faces. She showed nine faces on the screen, one face at a time. She said to focus on them and that she would not say why, because that would be a distraction. After showing the faces, she asked members to pick up the pieces of paper that she had left in front of them earlier on. Then she put up slides, each of which showed two faces, one being a face shown previously and the other being a new face. The idea was to mark the paper with either an "L" or an "R" to indicate which face was previously shown, i.e. the one on the left or the one on the right.

Most members were amazed that they scored 100%. Jude said that showed the power of focus.

The next step in the three-step process is to connect. Members did that when they noted features in the faces first shown, e.g. the person had frizzy hair. Members might also have associated the face with someone they knew who looked similar. The third step, rehearsal, was to pull the memory out and use it, e.g. say "Hi Angus," after being introduced to someone called Angus. If introduced to a group of people, cast your eye around the room afterwards and try to recall each of their names.

At Brainfit they talk about a five times repetition to make long-term memories strong and robust, and are very conscious of the arrows between long-term and short-term memory going both ways. Another way to view rehearsal is as interacting with the information.

What not to do is try and drum the information into your head, e.g. saying Angus, Angus, Angus, when introduced to Angus. That has no lasting impact on how well you will remember it.

Writing things down later to help you remember them is fine because it is rehearsal, i.e. step 3 of the memory technique. Similarly, talking later to someone about what you did is good for helping yourself to remember.

Because a challenged brain is a brain that grows, seek out variety. Even something as simple as walking the other way around the block if you have a regular walk is beneficial. If you have a regular driving route, use another route to get to your destination. You will see things from a different perspective and stimulate your brain. If you always watch TVNZ 1 News, watch the TV3 News one day a week. The different presenters and newsroom sets will stimulate your brain for the better.

Learning new skills, regardless of how old you are, is good for your memory.

Remembering items is one part of the cognitive test used for drivers' license renewals for older people. You can get your confidence up by practising before the test. Pick five words out of the newspaper and try to remember them at the end of the day.

To be Brainfit, you must never give up on your memory. You have to believe in yourself. Make sure you take the time to pay attention, focus, focus, focus. Create memory traces using the connection and rehearsal steps as often as you can. Seek out variety and challenge yourself. Look after yourself, both physically and mentally. If you are not getting good quality sleep, drinking enough water and eating good food, then you are only implementing part of the solution.



Post from Jude Walter on the Facebook Brainfit page after attending our meeting

RECENT EVENTS

WAIHEKE ISLAND TRIP

Vince Middeldorp



Waitakere Combined Rebus Club members and Ian Smith (with yellow shopping bag) on the 9:30 train to Britomart

We were sitting in the train when Ian Smith turned to me and asked, “What are you going to do when we get off the train.” My reply was, “Get to the front of the queue for the ferry.”

Ian had chosen an early train because the trains are unreliable. I guess he imagined we could stop for coffee at a café somewhere because we were now so early.

When I arrived at the ferry terminal, I was horrified. There was a roped off area for residents of Waiheke Island and it looked as if there were enough people in there to completely fill the ferry.



Watching people with resident's passes walk into the area for those allowed to go first onto the ferry

After a while, some members from Waitakere Combined Rebus ambled up and saw what was happening. They joined us at the front of the non-residents queue by stepping under the red barrier tapes. It was not a polite thing to do, but the queue snaked all the way out to Quay Street. I couldn't see how the people at the end of the queue could ever get on the ferry.

When I boarded the ferry, I headed straight for the top deck and was pleased to see there were still empty seats. I knew I would have magnificent views of everything from up there. What I soon saw was not only great views of the harbour, but people liberally applying suntan lotion to themselves. Of course, I had not brought any suntan lotion and the thought of ending up with badly sun burnt arms somewhat spoiled my ferry ride.



Sitting on the top deck of the Waiheke ferry on a bright sunny day with some impending cloud cover

My biggest fear all along was not getting onto the ferry but not getting onto the bus to Onetangi. A ferry can take 400 people and a bus 80 people. It is 2km from Waiheke's Matakaitai Ferry Terminal to the township at Oneroa. I imagined everyone on the ferry would try to catch the same bus. It goes from the Ferry Terminal, to Oneroa and then to Onetangi.

I don't know what happened to all the people on the ferry at Waiheke. They just melted away and the queue at the bus stop was not very long. When the bus finally turned up, running a good twenty minutes late, all the people in the queue got on and found seats. Then more people came out of the ferry terminal and ended up strap hanging in the aisle. No one was left behind.

The bus trip to Onetangi takes 30 minutes. All the way along the route, the bus dropped off and picked up passengers. The bus driver never asked those people standing to move down to the end of the bus. I saw unfortunate people stranded at bus stops when the bus driver went past them without stopping. In one case, there was a solitary person standing at a bus stop. He could easily have been let on board, but was left to wait for the next bus.

When we got off the bus at Onetangi, I said to Andrew Geddes, “Look at that,” and pointed at a Waiheke bus across the road. Instead of displaying a destination, the sign on the front of the bus said, “Bus Full.” It was something I'd never seen before on a bus destination sign.

There is a narrow road running along to the front of Onetangi Beach called The Strand. We walked to the far end where Charlie Farley's Café and Beach Bar is located. It was literally teeming with people and no one was allowed to sit inside because they were short staffed. We realised it could take a long time for a waiter to turn up with a menu and probably even longer before anything was brought out to where we were sitting. Making matters worse was that we were sitting on a hard wooden bench and not on chairs at a table. Someone suggested going to a place we had walked past, which wasn't so crowded. We all got up and left to go there.



Members walking along The Strand at Onetangi Beach to Charlie Farley's Café

The place we went to was called Ki Māha. It was a flash-looking venue with plenty of seating and lots of staff. Sitting in the comfortable surroundings, everything looked wonderful until I saw the menu. Most things on it were unknown to me, but I saw steak, which is always a safe bet. While steak on a menu is something I'm familiar with, the way the price of the steaks was listed was something I'd never seen before. The menu price was per 100 gm i.e. scotch fillet, bone in, \$21 per 100 gm and Savannah Angus T bone \$19 per 100 gm.



Members sitting in comfortable surrounds and perusing the menu at Ki Maha

The maître d' told me that most of their steaks were between 1.0 kg and 1.2 kg. Maybe that is American tourist size. The idea of paying \$210 for my lunch horrified me. Not wanting to be viewed as someone who shouldn't be there, I asked for a 250 gm steak, well done.

Ian Smith and John Mihaljevic were sitting at another table. They were promptly served two large bowls of chips. Meanwhile, we all sat at our table and wondered why nothing was turning up. When we asked the maître d' what was happening, he said someone had asked for a well-done steak and that was going to take forty minutes to prepare. He also said nothing was coming out until everything was ready for everyone. I felt embarrassed because it was me who had ordered the well-done steak.

When I had first looked at the menu, I hadn't seen that you could get a bowl of chips. John Mihaljevic knew Pomme frites were French fries. When he and Ian were served their chips, which arrived well before we put in our orders, the penny dropped.

I was determined to catch the 3.00 p.m. ferry back to Auckland and to be sure of doing that I had to catch the 1:40 p.m. bus from Onetangi to Matiatia.

After our questions about why it was taking so long for our meals to appear, the kitchen staff hurried up and our plates were delivered fairly quickly. I scoffed my small piece of tough steak, left the other food on the plate because I did not know what it was, then raced over to the counter to pay for my meal.

I said that I had ordered the steak and a bowl of fries but the fries never turned up. The maître d' pointed to two bowls of fries on the table where I had been sitting. I said I had asked the people at that end of the table if they had ordered fries and they said that they had. I told the maître d' they can pay for the fries. The maître d' then changed his mind about letting me pay for my meal and said he wanted one person from the table to pay for all the meals. I was

aghast at this idea and told him it was not going to happen. He then allowed me to pay \$49 with my eftpos card, which had to be for the steak only, because a bowl of fries was \$15 and the steak with the fries would have been about \$65.00

There was an electronic timetable board at the bus stop. It was showing every second service cancelled and my bus due in a few minutes. The departure time came and went with no bus turning up and the bus listing on the timetable board, then vanished. A short time later, much to my relief, a bus came round the corner, and so did the others in our group, on foot. They all made it onto the bus before it departed. My slow walking onto the bus probably helped because none of them could run for a bus.

I enjoyed the bus ride over the Waiheke Island roads. There was plenty to see, including the first jail on Waiheke, which the bus driver, who was a very cheery lady, pointed out to a passenger. Later on we travelled through a thriving commercial area called Ostend with a Countdown Supermarket. Ostend is some distance from the main township of Oneroa.



Ostend supermarket and shops at Waiheke Island

When the bus reached Oneroa, Ian Smith and some of the others got off. I assumed they would go to a café and catch a later ferry back to Auckland. To my surprise, they made it to the Matakaitai Ferry Terminal in time to get on the same ferry that I had been waiting to catch. Ian Smith told me later that everyone from our group (15 in total, seven from Waitakere Rebus, seven from West Auckland Rebus and Ian who is a member of both) made it onto the ferry.

It is only a short distance from the Ferry buildings to the Britomart Train Station. While the trains on the Western Line depart every ten minutes at that time of the day, I walked briskly with John Mihaljevic and we caught the 3:54 p.m. Western Line train.

Peter Cox came back on a later western Line train and got a ride home with Andrew and Linda Narayan in Linda's car. They were turning into Wairau Avenue and saw me making a U-turn off the flush median on Ash Street. When I next saw Peter, he said to me that Andrew had once got a ticket for doing what I did. From what Peter said, the law is that you have to go 150 m along the road from a left turn only intersection before you can do a U-turn and head back the other way.



I am wanting to turn right but only a left hand turn is allowed at this intersection



I am now waiting on the very wide flush median wanting to do a U-turn. Pete, Andrew and Linda drive past me travelling in the orange car.

So how would I sum up the day? It was a great experience, a highly memorable day, and I was really pleased that I went. Once again, Ian Smith had been lucky with the weather (see the black rain clouds in the orange car photo). I certainly learnt a lot: everything from taking suntan lotion on the ferry, to the geography of Waiheke Island (Matakaitai, Oneroa, Ostend, Onetangi – I now know them all), to what appears on menus at expensive restaurants, to how I'm breaking the road rules every day without realizing it.

COFFEE MORNING AT THE SUGAR GRILL

Vince Middeldorp

Having a coffee morning at the Sugar Grill on the Te Atatu peninsula was a change from the regular venue, which is Esquires in Henderson. It looks as if it was a welcome change, because the turnout from Waitakere Rebus and, to a lesser extent, West Auckland Rebus, was significantly higher than usual.

Sugar Grill is one of those places with indoor and outdoor seating. The weather was fine and sunny, which made outdoor seating very pleasant. Most sat at a very long outdoor table and a few at what amounted to an overflow table.



A group of ladies from Waitakere Combined Rebus Club sitting in the very pleasant outdoor area at Sugar Grill

Ian Smith saved a space for me at the long table, which was good because there were things we needed to talk about. For some time, Ian had been trying to contact Tip Top Ice Cream in Mt Wellington without success. They had now got back to him and Ian wanted to tell me that our next trip was to the Tip Top Ice Cream factory on Thursday 23 March.



Peter Cox talking to Trevor Pollard and his son Doug who was visiting from USA where he lives

I wanted to talk to Ian about a phone call I received from Kathy Fitchett, the sales consultant at Selwyn Village in Point Chevalier. Kathy rang to ask about coming to talk to our members at a monthly meeting. I suggested that a coffee morning at Selwyn Village would be a better idea and asked if they had a café similar to the one at Waitakere Gardens. She said there was a café, and she liked the suggestion. I asked about parking and Kathy said some parking spaces could be coned off for us. I told Kathy to ring me back after our monthly meeting on 10 March.

The other person I was keen to talk to at the coffee morning was Trevor Pollard. At our last monthly meeting, I had heard him say that he was having problems with the neighbour next door after the heavy storms that had come through. I wanted to know more and now had the opportunity to find out.

This story begins several years ago when Trevor's neighbour asked if he could build a driveway over Trevor's property so that he could drive to a garage at the back of his house. That's right: the garage is at the back of the neighbour's house and he wants a driveway that runs over Trevor's property to the garage. I don't know how the neighbour had the nerve to ask, but he did.

Trevor, in the interests of being a good neighbour, agreed to the proposal provided the neighbour paid for the driveway. There must have been a considerable amount of work involved in building the driveway because it was on a bank which had to be cut away.

Sometime later, the neighbour who wanted the driveway, sold his property and a new neighbour now used the driveway over Trevor's land to get to the garage. When the big storms hit Auckland, mud from the bank ended up on the driveway, prompting the new neighbour to complain to Trevor about the mess. Trevor said a retaining wall should have been built when the driveway was put in and then the mud would not have come down.

Trevor now wants the new neighbour to finish the job that the previous neighbour started by building the retaining wall. The new neighbour doesn't want to pay for a retaining wall, which I guess is understandable because it is on Trevor's property; but the new neighbour also doesn't want mud on what he views as his driveway.

This is an unfinished story and I think Trevor has the upper hand.

MEMBERS CONTRIBUTION

WHAT A MATCH!

Charles Nicholls

I was very lucky to be present at the Basin reserve for the second cricket test between NZ and England. The Black Caps won after having to follow on after being over 200 runs behind on the first innings. The win by one run is only the fourth time in test history that a team that has had to follow on, has gone on to win.



Basin Reserve Wellington on 24 February at 11:58 a.m.

I have played, coached, umpired and watched cricket for over 60 years and never seen such an exciting finish. Where in the world can you find a game that takes 5 days to play and yet delivers such an exciting result.

For the first three days, the Blackcaps were completely outplayed, and I said to Helen that the game would finish early on day 4, but I was wrong. The dramatic conclusion came at about 4 p.m. on day 5. Kane Williamson has struggled for form, but his class showed when he steered the NZ recovery. 258 runs set for England did not seem enough, but cricket is a funny game. Fortunes can change. Neal Wagner seemed to be well below his best in the first test and in the first innings of the second, but then took vital wickets in the second innings and looked a completely different player.

This was my first visit to the Basin. What a great ground with a wonderful atmosphere! The ground was full of English supporters with their cricket and football club banners everywhere to be seen. The Barmy Army, led by their Trumpeter, were in full voice.

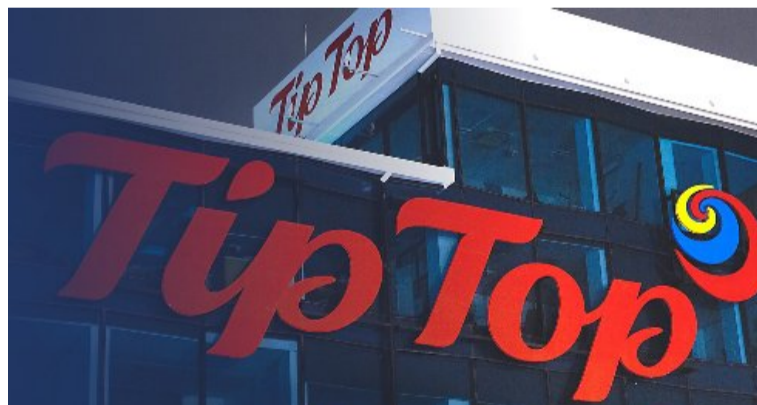
The positive spirit between the two sets of supporters was fantastic. It was also very pleasing to see that the two teams played competitively, but in a very sporting manner.

As an umpire at senior club level in Auckland, I have seen boorish behaviour, so it was great to see very good players observing the spirit of cricket.

I am now off to Christchurch to see the game between Sri Lanka and the Blackcaps but it will be very hard for the teams to reach such an epic conclusion as we saw in Wellington.

UPCOMING EVENT

TRIP TO TIP TOP



There is a bus trip to the Tip Top Ice Cream factory in Mt Wellington on Thursday 23 March. The bus will leave from behind the St John Hall in Edmonton Road at 10:00 a.m. Ian Smith has made a booking for 22 people. There has been so much interest that there are now only three spaces left.

The cost to go on the **bus is \$25** and is payable to Ian Smith at the monthly meeting on 10 March or can be paid online to 12 3232 0318628 00.

Before going to Tip Top, the bus will go to Mission Bay for coffee at a café. We have to be at Tip Top by 12:30 p.m. The factory tour is at 1:00 p.m.

The Tip Top website states the tour is up to one hour long. The **tour costs \$10 per person** and must be paid on the day by eftpos or credit card. Cash payment is not accepted.

Visitors need to be physically able to cope with climbing stairs. There are 68 stairs from the car-park to the tour reception and a further 24 steps to access the tour galleries.

OTHER

JUSTICE OF THE PEACE



Members don't have to wait in line at West City on Thursday night for a JP to sign their documents

Charles Nicholls is a JP, and has offered fellow members his services.

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.

COFFEE MORNING AT SELWYN VILLAGE



Kathy Fitchett from Selwyn Village has offered to host a coffee morning for our members at the retirement village café in Point Chevalier. That means for us we don't have to pay for our coffee, and for Kathy, she gets to show those interested the amenities and new apartments for sale at the village.

Some of the parking area will be coned off for our cars, but parking is limited. We have been asked to car-pool where possible.

We need an indication of how many members would like to go to Selwyn Village. Ian Smith has suggested we go on Wednesday 5 April. That date is tentative because it has not been discussed with Kathy Fitchett.

The number 650 bus, Glen Innes to Pt Chevalier, goes into Selwyn Village. It is the end and beginning of the route. You can catch it at the bus stop by the Hammer Hardware in the Pt Chevalier shops. There is a 650 bus arriving at and departing from Selwyn Village every 30 minutes during the day.

SUPPORTERS

West Auckland Men's Rebus acknowledges the support and assistance of:



Our meetings are held on the second Friday of the month at the New Lynn Friendship Hall 3063 Great North Road

The April meeting date is Friday 14 April 2023

If anyone has any views, opinions, information, requests or questions they want to share with members, please do not hesitate to send them to vince@rebuswestauckland.nz, so that they can be included in the Newsletter. Remember, it is YOUR Newsletter: feel free to contribute to it as you will.