



# West Auckland Men's Rebus Club Newsletter

**June 2023**

**Next meeting: 10:00 am Friday 9 June, Friendship Hall, 3063 Great North Rd, New Lynn**

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*Looking at display racks from Independent Living during the morning tea break*

**PRESIDENT'S PRATTLE**  
**President's Report June 2023**  
**Bill Mutch**



*Bill Mutch at the May meeting*

That time again, "Bill can I have a report!!"

Winter has set in now, but we had excellent numbers at our last meeting, which I must add was very interesting because the presenter knew his subject and even added some humour.

The number of products he had was amazing.

Just a reminder, you are always welcome to bring a friend.

If anyone is having a sick time, please let me know. I have two phones: 021316556 and 09 8174721.

I am a bit slow at getting to the phone, so let it ring long.

In Singapore, they teach how to handle people with dementia in schools and workplaces. Should we follow?

Hope I remember to ask the following; *what's the difference between an orange and a post box??*

Please tell me.

President Bill Mutch

**CLAUDIA'S CORNER**

What did the hurricane say to the coconut tree?  
Hold your nuts, this is no ordinary blow.

I just had sex in the elevator.  
It was good at all levels!!!.

How do you measure a snake?  
In inches, they don't have feet.



## MEETING REPORT

May 2023

Whisper AI transcription (edited)



*Vince Middeldorp and Bill Mutch in discussion just before the start of the May meeting*

Right, good morning everyone, what a beautiful winter's day? Have we got any visitors today? No, we've got no visitors at this stage.

Have we got any added apologies? We've got Andrew (Narayan). He's buggered up his ankle or something. That was easy.

Matters arising from the April meeting. Anything arising? No.

Correspondence: Invitation from Amanda. John (Mihaljevic).

*Waitakere Gardens is having an open day tomorrow, 10:00 a.m. till 2:00 p.m. And on 31 May, which is a Wednesday, we're invited to a real estate seminar to learn helpful tips on how to sell your home in the current market. From 11:00 a.m. with a light lunch to follow.*

Next item that I have is treasurer's report: Charles Nicholls.

*Very briefly, there's not much to say about the accounts. We're still doing okay, thanks largely to the \$300 that we got in from the other bank account. At the moment, we are comfortable. We're not rich.*

Moving on quickly, we need a trip and a coffee morning report from Ian Smith.

Your two minutes starts now.

*Well, in the newsletter there's the Thursday 25 May coffee morning at Esquires, 10:00 a.m. Esquires is near K-Mart.*

*On Wednesday 28 June, which is a few weeks ahead, probably six weeks ahead, I want to organize a mid-winter lunch at the Swanson RSA. I need to know the numbers. It's \$25 a head. It's a buffet lunch, so it's your choice what you eat when you get there.*

*Okay (after a show of hands), I'll allow 20 people to come from here. There's no prepayment. You pay there on the day, and hopefully you'll all turn up.*

Thanks Ian.

Moving on quickly.

Anyone want to report on anyone being sick or anything? Bill (Fairs).

*I gave Roger Laloli a phone call a couple of weeks ago. He's very hard to talk to now. He forgets where he's at, he can't drive his car, and the kids have made him sell it. He's really disappointed in*

that. I'll keep calling him and just keep a check on him anyway. I'll also speak to his wife, and she's great with him. I've sent him our regards.

Thank you, Bill.

Now, general business. Have we got any general business? No, no general business.

Moving on. Speaker for next month, Noel Rose.

*Dave Gerrard. I saw his name on the Rebus Club newsletter. He's spoken to another club on drugs and sport. Part of his talk will be on swimming. It would be quite nice if this talk could be well publicised.*

Okay, make a note. Our next meeting date is the 9th of June.

Now I've got a little quiz here.

- 1 What is the name of the famous singer who died about 10 days ago?
- 2 Anyone know how old he was when he passed away?
- 3 What year was the Tangiwai train disaster?
- 4 What was the name of the driver?
- 5 What was the fireman's name?
- 6 Name four supermarkets in New Zealand?
- 7 What are the Pak'nSave shop colours?
- 8 In what country is the Leaning Tower of Pisa?
- 9 Is this true or false: electric trains in Auckland run faster timetables than the old steam trains?
- 10 Name two old Waiheke ferries?
- 11 Why did they lay up the *\*Muritai* when it was nowhere near at the end of its life?
- 12 Name the active volcano on the east coast of North Island?
- 13 In what year was the North Island main truck opened; was it 1911, 1908, or 1922?
- 14 Name five refreshment stops on the train from Auckland to Wellington?
- 15 On what date did the *Titanic* sink?



*\*The passenger ferry Muritai was a twin-screw steamer with an overall length of 172 feet, a beam of 39 feet, a 900 h.p engine, a maximum speed of 13 knots and a carrying capacity of 1,500 passengers*

The Devonport Steam Ferry Company purchased the *Muritai* in 1948 and sold it after five years on the Auckland–Matiatia (Waiheke) service to the Waiheke Shipping Company. The *Muritai* was built by Coaster Construction Co. Ltd., Montrose, Scotland in 1923 for the Borough of Eastbourne, in Wellington. The *Muritai* sailed to New Zealand under the command of the experienced Captain Fullerton and Mr. J. F Ryan, Eastbourne Council's engineer, who had supervised construction of the vessel. Her route took her through the Suez Canal, and then to Colombo, Singapore, Surabaya, Torres Strait, Sydney and Wellington. The *Muritai* was scuttled off Kaimaumau Island in 1963, refloated in 1971 and broken up by Pacific Scrap Ltd.

Answers:

- 1 Harry Belafonte
- 2 96
- 3 1953
- 4 Charles Parker
- 5 Lance Redman

- 6 Fresh Choice, Pak'nSave, Countdown, New World
- 7 Yellow and black
- 8 Italy
- 9 False. The old steam engines on the Papakura run would go faster than the electric trains.
- 10 *Baroona, Muritai, Kestrel*
- 11 It was too expensive to run
- 12 White Island
- 13 1908
- 14 Mercer, Taumarunui, Hamilton (Frankton), National Park, Palmerston North
- 15 14<sup>th</sup> April 1912

**GUEST SPEAKER**

**RICHARD BLAKEBOROUGH**

*Whisper AI transcription*



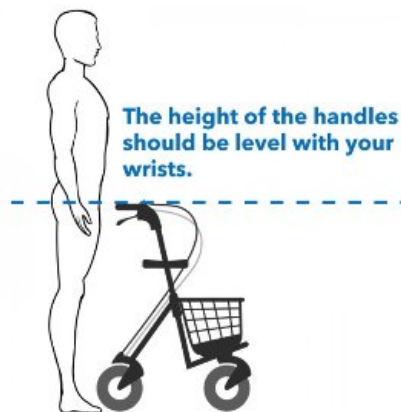
*Richard Blakeborough from Independent Living Charitable Trust*

My name is Richard. I work for a charity called Independent Living. We have stores at Browns Bay, Botany and Royal Oak. We need something out west because the only thing you've got for assistive technology is the two-dollar shop. You don't want to be buying assistive technology for two dollars, trust me.

The first thing I talk about is walkers. Walkers come in very different varieties. They have the six-inch wheel, which is small and mainly intended for inside use. Then there is the eight-inch wheel, which is mainly for outside.



*Conventional Walker*



*Handle height setting*



*Ponsonby Walker*

We also have a walker called the Ponsonby, which is the SUV of walkers. This has a 12 inch wheel at the front and a 10 and a half inch wheel at the back.

I have an issue with the green walkers from the hospital. It is that nobody tells you how to size it to yourself and you walk around with it either too high or too low. People hunch over the things because they haven't been sized to the bend in the wrist.

A lot of ladies say to me; *oh I have it higher than that. It makes me walk straighter.* That is not a natural position to walk. If you find you're getting back pain, that's because you've got it too far away from you. The good news is the hospital never asks for it back.

One comment somebody made to me this morning was that he's come out without his stick. The problem with not having your stick on a wet day like today is that you might slip over.

When I come to groups like this, people say; *yeah, but I don't need a stick; I've got my great-grandfather's stick. He carved it from a solid piece of Rimu in 1842.* I say, that's brilliant, and how tall was your great-grandfather? *Six foot five.* And you, madam, how tall are you? *Four foot six.* So the problem is they are determined to walk with a stick that is way too high.

You want a stick to fit to the bend in your wrist. That's how you size the stick. All our sticks are adjustable.

The conversation I have about walking sticks and walking frames is along the lines of; *I don't need those. I know how to walk.* Walking sticks and walking frames have sod all to do with walking. They have everything to do with balance. They are a balance device. When you get over a certain age, if you fall over and break your hip, you have a 60% chance of not coming home.



*Reachers are designed for picking up objects*



*They come with various gripping claws*

The next thing I talk about is reachers. Reachers are intended for picking things up from the ground. They come in two different sizes. One is more for picking things up when you're standing. The other is more for picking things up when you're sitting.

Shower mats for securing your feet are a good thing. You want lots of holes because you want the water to come off and go down the drain hole. Lots of suction because you want it to stay secure, but not so secure that you can't break the seal to lift it up when you want to clean it.

Your next risk factor in the shower is losing your balance. We have two or three different sponges so that you don't have to bend your thighs or move that much in the shower.

I use the angled one because I dislocated my shoulder as a young guy and it is difficult for me to get full movement through the shoulder to wash my back. For those of you who don't want to spend twenty dollars, there's a fifteen dollar one which doesn't have the bend, but you have to move your shoulder more when using it.

This scary piece of equipment is called a car exit device. It has a point on the front which is intended to break the glass window to either get in or out of a vehicle and a super sharp razor blade in the middle to cut through the seat belt.

You can put it into the door locking mechanism on the inside of the door frame and it will give you a secure point to get in and out of the car with a bit of dignity.



*The car exit device can be used as a handle which makes it easier to get into and out of a car*

When I had my heart bypass, getting in and out of the car was difficult because my chest had just been wired together. The pain used to bring tears to my eyes, so I got one of these so that I could ease myself into and out of the car.

There is a bit of a joke about this device. I met a gentleman who said to me; *well if I buy one of those is it for getting into the car or out of the car.* I said; *it's a bit of both.* Well, *if it's in the car, how will I get into the car?* I said; *you buy two.* He said; *I'm not so interested now.*

Memory foam will remember the shape of your foot. I get them because I stand for most of the day and sometimes I find my calves and the bottom of my feet get really sore. These slip inside the shoe and give you a soft landing when you are walking.

Because I see many people who are in retirement villages and they are only allowed out if they've been good, I have here with me a small range of socks. I only do the merino socks. It is the best product in the world: cool in the summer and warm in the wintertime. More importantly, merino doesn't hold body smells or odours because it's a natural product. You can wear these socks for a week and no one will ever know.



*The Aircycle is advertised as a pain relieving exerciser designed for people with limited mobility*

This is called an Aircycle. You blow one side up, not both sides. It fits under your feet. You push down on one side, the other side inflates. The movement of your limbs gets blood flowing through to the toes and back up to the heart. It is particularly good for those going on a transatlantic flight.

My father is an Englishman. He therefore always serves himself breakfast and won't let anybody else put his socks on. In the morning, you can lose him for 45 minutes because he's trying to put his socks on, but he can't move his hip or his knee. So I've got him a sock aid. You put the sock on the aid, then push your foot all the way in it, slowly pull on the straps and it will put your sock on. Unfortunately, it won't work in reverse, so once the socks are on, you've got to get someone else to take them off. That is why you buy merino socks; the ones you only have to take off once a week.

We have to talk about incontinence products, but I'll make it quick. Incontinence products help when you don't have enough time to get out of bed and go somewhere.

We mainly sell to gentlemen who have had prostate issues and whose surgeon says; *get these because they're the best.*

I never knock the opposition, but please don't go to Chemist Warehouse. I know they're cheaper, but they won't know what to tell you. People assume a bigger size will be good. If they are not tight enough, then there is no seal and there will be leakage out the sides.

I sell beds; I sell lift chairs; I sell scooters. My favourite thing to sell is a scooter. The thing I sell most is these little jar openers. They are for jars with metal lids that only require a quarter of a turn to open but can be on really tight.

I met a guy who told me why these jars are like this. He said; *we have them at a super hot temperature when we put the stuff in and then we freeze them really quickly. That creates the seal, which makes them hard to open. All you need to do is break the seal.*



Jarkey



Cankey



Good Grip

So you get the Jarkey and put it on the lid of the jar. It lifts the edge of the lid a fraction. The air rushes in; the middle pops up, and you can open the jar.

The other thing to have is a Cankey for cans with a ring pull. You put the Cankey underneath the ring and pull it back slightly off centre. If you pull too quickly, the ring comes off and then these cans are really difficult to open.

I used to do the test in the supermarkets where you say; *would you like to try this wine?* Many people, mainly women, said; *I can't open the wine because I have to get my hand too small and then I don't have the ability to turn the top.*

So I've got this bottle opener called a Good Grip for bottles with a screwed on cap. If you're getting a bit of arthritis through the fingers, you can grip onto them and open bottles. It sits on top of the bottle. You push it down and you twist the hand grip. It will open anything from a wine bottle to a large bottle of soft drink.

I come from a long line of market stall holders in South London. One thing they taught me was whenever anyone asks you a question; the speed with which you answer determines whether or not they trust you. What you do is answer the question quickly and add in some psychology.



Y peeler



Swivel peeler



Once I was at Possum Bourne Retirement Village and said; *I have two different peelers: the Y peeler and the Swivel peeler.* Some bright spark at the back said; *why do you have two different peelers?* I said; *one is for potato and one is for kumara; I thought everybody knew that.* Three years later, I'm back at the same facility. I say; *I've got two different peelers.* A woman at the back says; *one's for potato and one's for kumara.*

Now I actually have a qualification in this stuff. It's an Australian qualification and because I've done it, if you ask me a question, it is incumbent upon me, to not only give you impartial advice, but if I can't flog you the thing you need, I have to find someone who can.

You now have a bit of knowledge about these various aids; what is available and what they are for. Using them is no different from brushing your teeth in the morning with a toothbrush.

Thank you very much.

## RECENT EVENTS

### COFFEE MORNING AT ESQUIRES

Vince Middeldorp

We have been to Esquires at The Boundary in Henderson so many times for our coffee mornings, I had begun to think that we wouldn't get a good attendance there because the novelty had worn off. The number of people who went to the Sugar Grill in March, a café we rarely go to, tended to bear this out. There was a terrific turnout on that day.

When I arrived at Esquires, there was a long row of tables with every chair taken. Much to my surprise, the turnout was really good.



*This photo from Esquires shows people are gregarious and happier in the company of others*

I said to Peter Cox, who was standing in front of me at the counter, that we would have to start our own table. When Peter walked down the room, someone pulled a spare table across and made an L shaped extension to the row of tables.

When I joined the table, I brought up the subject of the Real Estate Seminar at Waitakere Gardens. The person sitting opposite me turned out to be a retired real estate agent from Barfoot and Thompson. He said that even in today's difficult real estate market, selling by way of auction was the best way to go. He said it puts real pressure on the buyer to come up with their absolute best price.

All of us seated at the far end of the table had been to the previous coffee morning at Selwyn Village in Point Chevalier. It was interesting to hear that one resident at Selwyn Village in Herd Road (Parkside Village) said people there were pleased when Selwyn sold the village to Metlifecare.

Later in the morning Janet and Andrew Geddes arrived. Andrew told me more about the biggest job he ever did as a landscape architect. It was the thoroughbred horse sales complex in Karaka. As well as the landscaping and the gardens, Andrew set out all the driveways and parking areas.



*Andrew Geddes designed all the driveways, gardens, and landscaping at the Karaka horse sales complex*

**MIDWINTER LUNCH**  
**SWANSON RSA WEDNESDAY 28 JUNE**  
**Vince Middeldorp**



*Swanson RSA is an impressive brick building located at 663 Swanson Road*

Midwinter lunch this year is at Swanson RSA on Wednesday 28 June. The cost is \$25 per person for a buffet lunch payable to the RSA on the day.

Swanson RSA is accessible by public transport: bus 146 (250 m walk from bus stop) and train (800 m walk from Swanson Train Station).

Currently, there are 550 Google reviews on Swanson RSA and it has a 4.5 star rating. Facebook has 421 reviews and gives it a 4.4 star rating.

Here are two of the reviews:

*Went there today with our Residents from Epsom. The food was excellent, great service from staff, heaps of parking outside and the view of the golf course was nice. Highly recommend the place! (Rudon Occena, 9 months ago, 5 star rating)*

*I went here for their Christmas lunch and was thoroughly impressed. There was a good variety of dishes and it was all delicious. It has a nice environment and, while I found the tables quite small/crowded and the chairs difficult to move in and out from the table, I would still recommend this location if it's a delicious Christmas dinner you're after. (Fiona Jordan, 4 months ago, 4 star rating)*

In November 2019, New Lynn Men's Probus held their Christmas Lunch at Swanson RSA. Those of us who went on that day would endorse both of the reviewer's comments.

After the coffee morning at Esquires on Thursday 25 May, I went to Swanson RSA to take some photos for the newsletter and our website. There were two buses parked outside, the car park was almost full, and the restaurant inside was packed.



*The patronage at lunchtime on Thursday 25 May*

The success Swanson RSA is experiencing is reflected in their financial accounts. In the year ending December 2022, Swanson RSA made a consolidated net profit of \$473,438. The Kitchen had \$1,048,894 in sales and made a profit for the year of \$299,081.

Most RSA clubs are struggling because people are no longer interested in going out to clubs or becoming members of clubs. Swanson RSA appears to be defying the trend. It is enjoying good patronage, albeit most of it is casual and it appears to be making excellent profits.



*The open air veranda at the back of the building overlooks Redwood Park golf course*

**OTHER**  
**BEAMAFILM FROM AUCKLAND LIBRARY**  
*Vince Middeldorp*



*Charles Nicholls speaking at the May meeting*

At the May meeting Charles Nicholls JP said:

*The other thing that I wanted to bring to your attention is that you can get something called Beamafilm through the Auckland library, for free. I don't know if anybody else has it on their apps. Beamafilm has a collection of classic movies that you can watch for absolutely nothing.*

Because of what Charles said, I went to my local library and asked the librarian to issue me with a library card. After she gave me the card, I asked about Beamafilm.

Contrary to what I thought, Beamafilm is not a collection of movies that Auckland Council Libraries own.

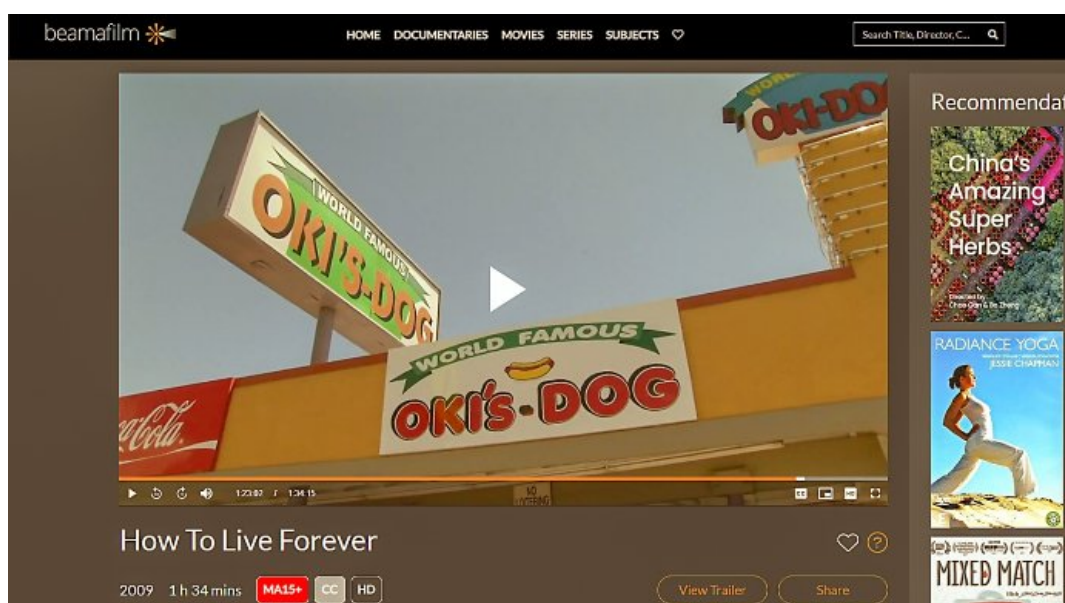
Beamafilm is an Australian Company, Beamafilm Pty Ltd. If you a member of a participating library, such as Auckland Library, you can watch their content for free. Otherwise, you pay a subscription fee. It is currently AU\$5.99 a month.

I had no difficulty watching Beamafilm by logging into the Auckland Public Library website and clicking on Beamafilm. That jumped me through all the log request screens (I saw them pop up and vanish) and I went straight to seeing all their available content and being able to watch it on my PC.



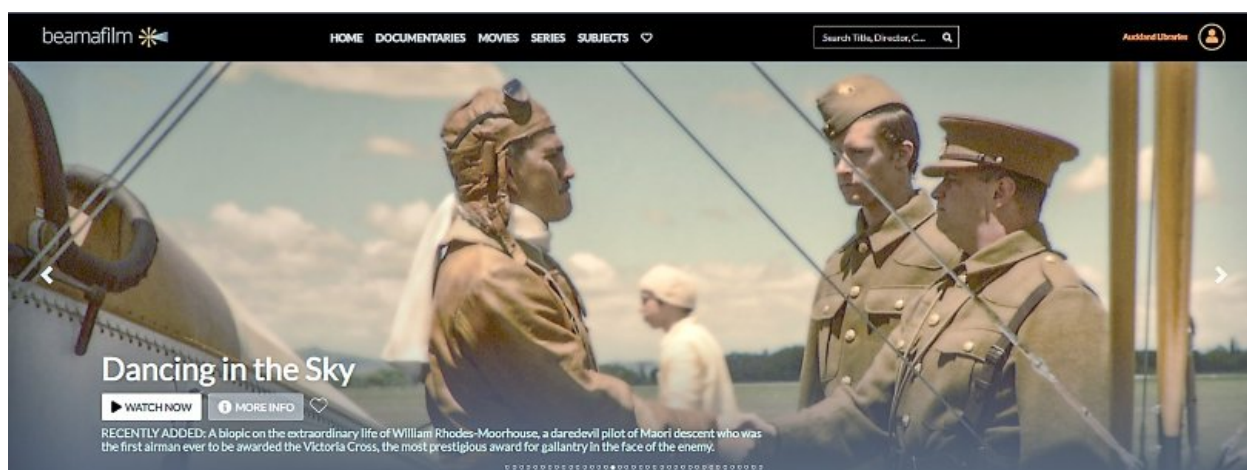
*There is a clickable link to Beamafilm on the Auckland Library's website, eCollections menu, under Watch*

Downloading the Beamafilm app from the Google Playstore and installing it on my Android tablet proved a complete waste of time. I couldn't find any way to log into Beamafilm using my library card number and pin. After much trying, I gave up on the app.



The only thing I have watched on Beamafilm to date is a few minutes of a documentary film titled, “How To Live Forever.” In this film there is an unnamed undertaker who says:

*I have buried people who have just come out of the doctor’s office. I’ve buried people coming out of the health food store after getting their soya-bean solutions. I’ve never, ever buried anyone coming out of a Coney Island Hot Dog stand. I thought it might be the safest place in the world. Take a walk, have a hot dog, you feel better.*



*Film about William Rhodes-Moorhouse, a daredevil pilot of Maori descent who was awarded the VC*

I am fearful that if Mayor Wayne Brown finds out Auckland Public Libraries have subscribed to a Netflix equivalent and is paying the bill for all members of the library with ratepayer’s money, Beamafilm access won’t be around for very long. It might be an idea to watch their content while it’s still accessible from the library website.

## **WEAVERS AND WETAS**

**Vince Middeldorp**

The following appeared in the computer generated Whisper AI transcript of Neil Castle’s talk about fossicking for gold in the South Island:

*This is just a fun entertainment. People like catching big fish. I like finding gold. It's just a form of relaxation. You're out there with mother nature in the bush. If there's any **weavers** around, they'll find you. They'll know that you're there, and they'll come down and **I'll pimp you like lunch** if you're not careful. They're characters.*



*Neil Castle sluicing for gold in a South Island river*

I went back to the audio recording to listen for the word that Whisper AI had transcribed as weavers. It sounded as if Neil was saying, Wetas and that they can pinch your lunch. I guessed he meant you might return to find a Weta nibbling on your sandwiches.



*Weavers would not be stealing anyone's lunch*



*Maybe a Weta will eat some of your lunch?*

At the meeting in May, Neil Castle came over and told me it was Weka, and not Weta. That explained everything because the idea of a Weta pinching someone's lunch never really made much sense.



*Weka are notorious nimble beaked thieves*



*Neil Castle with a newsletter and Andrew Geddes*

When searching for a photo of the Weka, I came across the following article from Wellington ornithologist Duncan Wright:

*The closest encounters people have with Weka are on Kapiti Island, where generations of Weka have learnt that the regular procession of tourists and visitors to the island are a source of tasty snacks and meals. The days of handouts are officially over, but this hasn't stopped the Weka; what isn't freely given is instead taken. All the picnic spots are staked out by these wily birds, and they are surprisingly*

*adept at snatching a briefly laid down bite or rifling through a bag for an as yet uneaten morsel. I once had to chase one down that had taken an entire sandwich, plastic wrapper and all (not from me, mind, I was just worried about the plastic).*

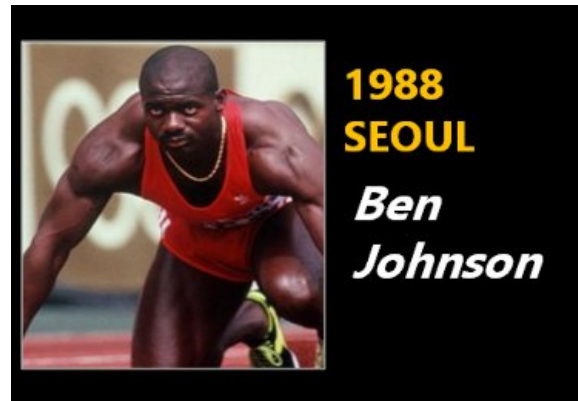
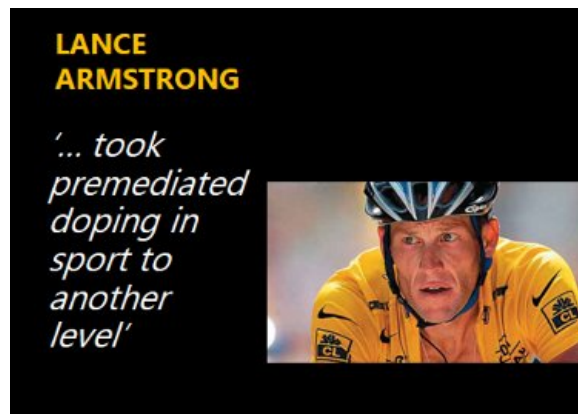
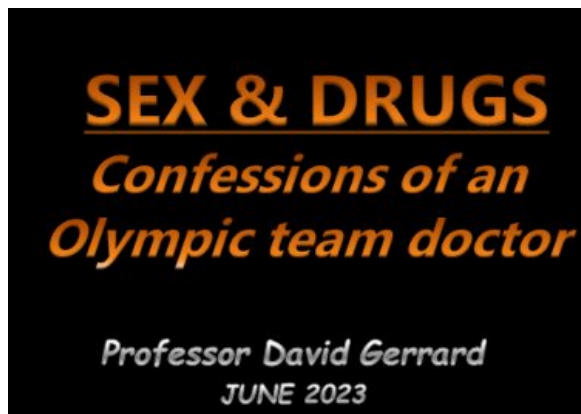
## **PROFESSOR DAVID GERRARD**

**Vince Middeldorp**

Professor David Gerrard, who made the Olympic semi-finals as a swimmer in Tokyo and was a Gold Medal winner at the Commonwealth Games in Jamaica, is the speaker for our meeting on Friday 9 June in the New Lynn Friendship Hall.

He has sent through his presentation and looking at the slides, his talk is going to be one that you would not want to miss. Noel Rose said that we should promote this talk and I thoroughly agree with him.

If you know someone who might be interested in hearing David Gerrard, do your best to twist their arm into coming along. This includes wives, partners and friends from your retirement village.



Ian Smith and John Mihaljevic have both told me that David Gerrard presented this talk to West Auckland Men's Rebus at the Kelston Community Centre. I found the report on this talk in the March 2019 newsletter. It concludes by saying; *a very interesting talk, from someone who was, and continues to be, at the heart of the action.*

## **ALAN VERRY'S SUPERMARKET STORY**

*Whisper AI transcription*



*Alan Verry at the meeting in May*

I've been in the supermarket game, as some of you know, and yesterday I watched someone rip the system off.

A staff member in the delicatessen department was serving another staff member, and they were getting macaroni cheese.

The staff member behind the counter put half a spoonful in a big container, put it on the scales, printed out a sticker, and put it on the top. Then the container was filled up.

So the staff member buying the macaroni cheese went through the checkout and probably paid only about \$3.

## **JUSTICE OF THE PEACE**

*Charles Nicholls*

I am available to assist members with any documents that need a JP to sign. I can be contacted on this email [cdnich300@gmail.com](mailto: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.

## **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 July meeting date is Friday 14 July 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](mailto: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.