



# West Auckland Men's Rebus Club Newsletter

**September 2023**

**Next meeting: 10:00 am Friday 8 September, Friendship Hall, 3063 Great North Rd, New Lynn**

## COMMITTEE

President	Bill Mutch	<a href="mailto:president@rebuswestauckland.nz">president@rebuswestauckland.nz</a>	817 4721
Vice-President	Noel Rose	<a href="mailto:noelrose1976@gmail.com">noelrose1976@gmail.com</a>	828 1305
Immediate Past President	Bill Fairs	<a href="mailto:bill.fairs@gmail.com">bill.fairs@gmail.com</a>	627 8297
Secretary	Vince Middeldorp	<a href="mailto:secretary@rebuswestauckland.nz">secretary@rebuswestauckland.nz</a>	828 5250
Treasurer	Charles Nicholls	<a href="mailto:treasurer@rebuswestauckland.nz">treasurer@rebuswestauckland.nz</a>	6293816
Welfare Officer	Vacant		
Outings	Ian Smith	<a href="mailto:ismith435@gmail.com">ismith435@gmail.com</a>	027 4549343
Newsletter	Vince Middeldorp	<a href="mailto:editor@rebuswestauckland.nz">editor@rebuswestauckland.nz</a>	828 5250
Speakers	Noel Rose	<a href="mailto:noelrose1976@gmail.com">noelrose1976@gmail.com</a>	828 1305
Hospitality	Trevor Pollard		817 8822
	Alan Babich	<a href="mailto:ajbabich@xtra.co.nz">ajbabich@xtra.co.nz</a>	833 6169
Membership	Vacant		
Attendance	Stephen David	<a href="mailto:sj david55@gmail.com">sj david55@gmail.com</a>	021641717
Webmaster	Vince Middeldorp	<a href="mailto:vince@rebuswestauckland.nz">vince@rebuswestauckland.nz</a>	828 5250
Photographer	John Mihaljevic	<a href="mailto:john@rebuswestauckland.nz">john@rebuswestauckland.nz</a>	098361504



*There is a bus trip to Hamilton Gardens on Wednesday 4<sup>th</sup> October (see page 8). We are doing this trip at \$20 a head. The Tudor Garden shown above is one of twenty themed gardens at Hamilton Gardens.*

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



*Bill Mutch at the August meeting*

Spring is almost here. Big thanks go out to all of you that were brave enough to attend our winter club days. The only welfare report this month is Alan Verry who has been looking after his sick wife following a big operation, but both are in good spirits.

It was great to see Stephen David at our last club day after a spell of being ill.

Just to follow up on Ryders of Riversdale Road. After flood damage, it was closed down but combined with rising costs, they will have a look at the business in October. So we wait and see.

In my younger years, I have arranged guest speakers for large groups of up to 1400 people and I often had to address such sizeable groups. We have been lucky with our guest speakers, however, our last speaker was borderline with her delivery. Some members have contacted me and I have to agree.

We have very good guest speakers as a rule, and if I had to give a gold medal for a wonderful presentation, it would go to our own member Neil Castle.

A good presentation should contain the following:

Body Language 55%  
The tone of voice 38%  
Words we use 7%

Another checkpoint is the 3 EEE:

Earned the right to talk via personal experience or study  
Excited to talk  
Eager to share (body language)

Vince and I would like to get a small microphone that fits on the presenter. It would be money well invested.

See you all on Friday, 8<sup>th</sup> September.

Cheers  
Bill Mutch

Footnote: Trevor needs a hand in the kitchen.

## MEETING REPORT

August 2023

Whisper AI transcription (edited)



*Bill Mutch's birthday cake had to be cut into 40 pieces. Fortunately Kathleen Webster was on hand and knew how to cut birthday cake.*

Good morning, everyone. Welcome to this beautiful winter's day meeting. Now, have we got any visitors? I've got Allen and Phyllis Greenland. And who else have we got as a visitor?

*I've got Bobby Bland here. (Trevor Pollard)*

Another visitor down here.

*Terry Shannon. (John McKeown)*

*Do you count your wife as a visitor? (Raymond Barrett)*

No. Unless it's a new wife or something. It is the same wife? Oh, that's good. I'm pleased about that.

And apologies. We've got Neil Castle. Now, don't be alarmed. Neil is having a few minor hiccups with his pacemaker. He's been in and out of hospital, and he's got to go back in again today.

Noel Rose is another apology. And who else have we got there? Mensto, we'll excuse him. He's away in Holland. He can't be here.

Matters rising from the July meeting? Anyone else got any matters arising from the July meeting? No.

I'm going down the agenda to number eight, the welfare report. I'm going to ask Bill Fairs to give a report on Roger Laloli.

*I had a ring from Roger's wife Jewell about ten days ago and she said that Roger is in hospital after a fall. And he's been in hospital since the beginning of June.*

*My wife, May, and I went to the hospital and found out where he was.*

*I walked in and there was a nurse with him. She said to Roger, who's this? Roger didn't know, and said nothing. I felt terrible.*

*Roger has damaged his legs and his back. He can't stand and that's why he's still in hospital. While in hospital, he caught COVID.*

*Roger looks healthy and has put weight on but he didn't know who we were.*

*I only stayed about, ten minutes. I'll keep in touch with his wife.*

Thank you, Bill.



Just going back a couple of things now. Could we have the correspondence please Vince?

*The only correspondence I'm going to report is the Rebus Chronicles. They are still looking for a board member. Last year, there was an overall 9.4% reduction in Rebus Club memberships.*

Can we have the Treasurer's report, please? Where's young Charles?

*It's nice to be young. There's nothing really to report. As I said last time, our outgoing costs are around \$90 a month. It depends on what we get in for morning teas.*

*I would like to apologise in advance because I'm not going to be at the September or October meetings. Vince and I have a system between us to keep in touch and I might, depending where I am and what my technology is like, be able to send through the monthly financial reports.*

Right, now, let's have a look at what's next. Trips and coffee mornings. We're going to do an unusual thing here. Ian Smith is missing so where's Phyllis? Do you know anything about the coffee mornings?

*Yes, I do. We've got Sierra Cafe on Lincoln Road coming up. I don't know the date.*

OK, next little item, general business.

*Yes. It's your birthday, isn't it? (Trevor Pollard)*

We have also got Neil Castle's birthday. Helen, who's Charles' wife, has made two nice cakes. We're going to have those for morning tea. I'd like to thank Charles for organising the cake.

*There are two cards going around. My wife said that cakes should divide into 40 pieces. (Charles Nicholls)*

Let's move on to the speaker for next month.

*I sent Noel Rose an email but he never got back to me. I have heard from Charles that in October, we've got Paul Buchanan. He used to work in the Pentagon, and is often interviewed on TV about political issues. (Vince Middeldorp)*

*He's a very good speaker, and speaks often to the U3A people (Charles Nicholls).*

Next meeting date I've got down there. It's September 8th, so that's the next meeting at 10 a.m. Are we stopping for morning tea now?

*Yeah, we want morning tea. (Trevor Pollard)*

## **CLAUDIA'S CORNER**

What do you call a girl  
who has just come back  
from the beach----Sandy!!!

Why are hairdressers  
never late for work?  
They know shortcuts!!!

How do birds fly?  
They just wing it!!!

Why did the painting  
end up in jail?  
It was framed!!!



## GUEST SPEAKER

### FALLS PREVENTION

Whisper AI transcription (edited)



*Elin Noyer about to start her talk on preventing falls*

[Harbour Sport](#) is a lead agent for the ACC Falls Prevention Initiative. We assess and certify exercise classes for over 65-year-olds.

There are a variety of classes throughout Auckland: tai chi, dance, yoga, gym based.

And we're very keen to promote more awareness of how going out to the classes or exercising at home improves your strength and balance and helps reduce falls.

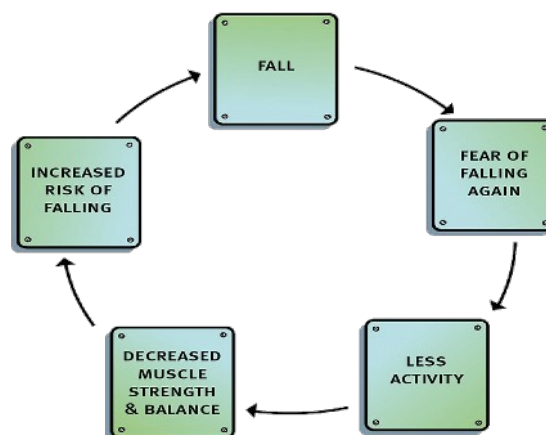
We focus on falls because they are the most common and costly cause of injury for over 65s. About 50% of people over the age of 80 will fall each year. And about 30% of people over the age of 65 will fall at least once a year.

Hip fractures are the most common fracture that people have at over the age of 75.

The major causes of falls are environmental. Tripping outside on foot paths. That kind of thing.

Our muscle strength decreases as we age, so it's important to keep moving.

There is a fear of falling, which results if you have a fall. Then you do less activity, get decreased muscle strength and increase your risk of falling.



*The fall cycle*

Age-related factors contribute to falls. Health issues like poor vision, muscle weakness, stiff joints, and reduced reaction times are examples of impairments.

Multiple medications can play a big role because they sometimes make us dizzy.

As we age, our ability to absorb vitamin D decreases. Vitamin D deficiency causes muscle weakness and increases the risk of having a fall. Often a GP will put someone on a vitamin D supplement.

Looking at the environment, 67% of injuries happen at home. So decluttering your home, clearing the walkways, moving trip hazards such as loose rugs reduces your risks of a fall.

Always use handrails when going up and down the stairs. Keep areas well-lit. If you're walking around at night, put the light on when you go into a room. If you get up often at night, consider having a night light in the hallway. Also, avoid rushing.

Have a long ring time on your phone, and keep your phone handy. Then you don't have to go running to pick up the phone. Make sure you have well-fitting non-slip shoes for both inside and outside your home.

Look after your well-being. See your GP regularly. Get your eyes tested. And consider asking your doctor about a home safety alarm.

Staying active is what we're trying to promote. Doing regular exercise is the best thing you can do for yourself.

Try to find some activities that you enjoy, because that means you'll keep doing it.

Community exercise programs that focus on strength and balance can reduce falling risks by 29%. It's quite a significant amount.

Exercise can improve your strength, balance, and bone health. It can boost your energy and improve sleep. It also helps control blood pressure, blood sugar, and weight. Plus, it makes you feel good!

And always a good thing is getting together with people and having a good chat. That's another great thing about going to these sorts of classes.

There are approved classes throughout Auckland, and costs vary depending on who's providing the classes.

There are dance classes in Glen Eden; exercise classes in the Te Atatu South Community Centre; Gold Fit classes at The Y Lynfield; Fono Free Aerobic Classes at Te Atatu Peninsular Community Hall; Aqua classes at West Wave; and Vitalize classes at the Trust Arena.

You can look up the [livestronger.org](http://livestronger.org) website and that will tell you what classes are in your area. If there are people here that don't have the internet, you can call our office (09) 415 4610. We have a lovely admin lady, Anna, who will tell you what's around and ask you what you'd be interested in going along to?



*The [Live Stronger for Longer](http://LivestrongerforLonger) website provides exercise at home resources and videos*

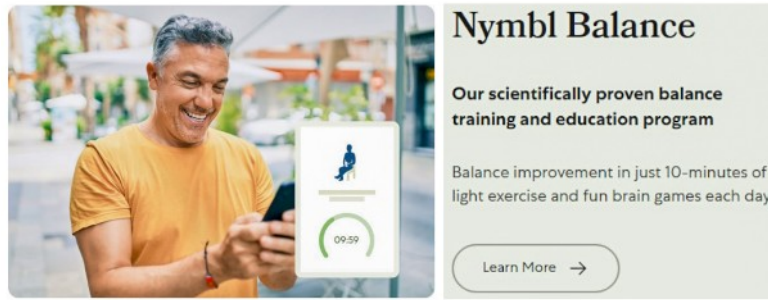
Nobody knows when we're going to have a fall, so do a bit of planning. Make sure your phone is always within reach. Leave a key outside in case somebody needs to get in should you need help.

Get a medical alarm, as we said.

There's also the [Nymbal Balance](#) app, which provides light exercise suggestions and fun brain games for 10 minutes each day. It's fully funded by ACC and is part of ACC's older people's program.

You do balance exercises, but you also play sort of simple games at the same time. The idea is to train your brain and body to work together. It's movement with distraction and mimics real-life situations.





The [free Nymbal app](#) promises balance improvement with just 10-minutes of light exercise each day

**UPCOMING GUEST SPEAKERS**  
**Senior Sergeant Bob Barrett (Retired)**  
**Friday 8<sup>th</sup> September**



*Bob Barrett speaking on 12<sup>th</sup> August 2022*

In August 2022, Bob told about how as an enthusiastic young constable he made just under 100 arrests in his first year and later earned the nickname “Basher Barrett.”

On Friday 8<sup>th</sup> September, Bob will continue the story of his career in NZ Police. If you missed his first talk, click the audio play button at the bottom of <https://rebuswestauckland.nz/senior-sergeant-bob-barrett>

**Dr Paul Buchanan**  
**Friday 13<sup>th</sup> October**



*Paul Buchanan. Photo credit: The AM Show*

Dr Paul G. Buchanan is a former intelligence and defence policy analyst and consultant to US government security agencies. He is a dual NZ/US citizen resident of New Zealand. Raised in Latin America, he has an MA in Government and Ph.D. in Political Science.

Paul Buchanan is the author of three books, over sixty scholarly articles, chapters, monographs and reviews. He has written more than 130 opinion pieces in various media.

## **TRIP TO HAMILTON GARDENS**

**Wednesday 4<sup>th</sup> October**



Waitakere Combined Rebus have been successful in obtaining a travel subsidy grant, and are able to do this trip at \$20 a head.

The bus will be leaving St John Hall Edmonton Road at 9:15 am. It will Return about 5:30 pm. This schedule allows for about 3 hours at [Hamilton Gardens](#). Take your own food or buy there.

Please pay to combined club bank account by 15<sup>th</sup> September 12 3232 0318628 00

## **COFFEE MORNING ESQUIRES CAFE**

**Friday 15<sup>th</sup> September**



The next coffee morning is Friday 15<sup>th</sup> September at Esquires, The Boundary, Henderson 10:00 am.

## **SUPPORTERS**



***The October meeting date is Friday 13 October 2023***

Our meetings are at 10:00 am, second Friday of the month, New Lynn Friendship Hall, 3063 Great North Rd.

## **RAILWAY ENTHUSIAST SOCIETY BOOK SALE**

**Weekend of 16<sup>th</sup> and 17<sup>th</sup> September 2023**

The [Railway Enthusiasts Society](#) are having a book sale extravaganza on all things railway and travel at their office and clubrooms 38 Alfred St Onehunga. **There will be some very cheap \$1 books and \$2 books.**