



# West Auckland Men's Rebus Club Newsletter

**November 2025**

**Next meeting: 10:00 am Friday, 14<sup>th</sup> November, 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> | 02102551937 |
| 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    |
| Attendance               | Stephen David    | <a href="mailto:stepdavid1955@gmail.com">stepdavid1955@gmail.com</a>               | 021641717   |
| Welfare Officer          | Bill Mutch       | <a href="mailto:celebrantwedding@gmail.com">celebrantwedding@gmail.com</a>         | 021316556   |



*The next coffee morning is on Wednesday, November 26<sup>th</sup>, 10:00 am, at the Coffee Studio, Lower Homestead, opposite the old St Michael's Church, in the Corban Estate Art Centre, 2 Mount Lebanon Lane, Henderson.*

## **MEETING REPORT**

**Friday 10<sup>th</sup> October 2025**

**Chairman: Bill Mutch**

**Attendance: 25 members and 1 visitor**

Members: Neil Castle, John Corban, Stephen David, Vince Dennehy, Mensto De Roos, Bill Fairs, Maurice Forbes, Robert King, John McKeown, Vince Middeldorp, John Mihaljevic, Eddy Molloy, Bill Mutch, Trevor Pollard, Paul Robertson, Noel Rose, Owen Schultz, Ian Smith, Mike Turnwald, Alan Verry, Laurie Vincent, Ken Watson, Ken Webster, Allan Williamson, Garrick Yearsley. Visitor: Bobby Bland.

### **1. Welcome and Introductions**

Meeting opened with a welcome to members and any visitors.

### **2. Apologies Received**

Apologies were noted from the following members: Andrew Narayan, Charles Nicholls, and Lindsay Parris.



*Morning tea, October meeting at the Friendship Hall: Mike Turnwald, Stephen David, Laurie Vincent, Bill Mutch, Bill Fairs, Ken Webster, Vince Dennehy and Maurice Forbes.*

### **3. Correspondence**

Discussion of Rebus Club News:

- Our club newsletter is being received and opened by the Rebus Club News editor (Steve O'Sullivan).
- Newsletter analytics show 40 out of 44 recipients opened our October newsletter.
- Notable readers include Mary Hibberd (President of the New Lynn Friendship Club), Jack Morley (former Secretary of the West Auckland Men's Rebus Club).
- Nothing from the West Auckland Men's Rebus Club newsletters has been appearing in the national Rebus Club News.

### **4. Treasurer's Report**

Treasurer absent.

- Informal discussion noted the club has sufficient funds.
- Estimated annual expenses around \$1,600.
- Suggestion to maintain no more than 12 months' reserves.
- Proposal to apply for council funding to cover hall hire.

### **5. Trips and Coffee Mornings**

Upcoming Huia Trip – 12 November:

- \$20 per person (subsidised by grant funding).
- Departing 9:30am from St John's Hall.

- Itinerary includes Swan Arch site, Henderson Mill Cottage, coffee stop in Titirangi, Alfred's Huia Store, and Huia Settlers Museum.
- Commentary provided by Trevor Pollard on the bus.
- Parking available at St John Hall or nearby Woolworths.

Next Coffee Morning – 5 November:

- Gloria Jean's Café, The Boundary, 10am.

Additional Trips (Alan Verry):

- Upcoming mystery trip to Lego Museum on 28 October.
- Waiheke trip planned for 25 November.
- Christmas Lights train trip via minivan in planning.

## 6. December Meeting Preview

Members-only speaking event proposed:

- Three volunteers to speak for ~20 minutes each.
- Topics should be engaging and personal.
- Volunteers invited to nominate themselves.

Neil Castle shared the story about his late brother Len Castle, a renowned New Zealand potter:

- Film available for viewing.
- Pottery pieces may be brought in for display at a future meeting.

## 7. Other Business

Trevor Pollard shared updates on fundraising efforts from The Trusts for Carols by Candlelight at the Chapel of Faith in the Oaks:

- Initial funding application rejected.
- Subsequent efforts secured \$1,000 in total (\$500 from Portage and \$500 from Waitakere).

## 8. Next Meeting

Friday, 14 November 2025.

*The meeting adjourned for morning tea.*

### **Claudia's Corner**

**Why** did the man keep his budgie in his goldfish bowl?

**Because** he could not keep water to stay in the cage

**Patient to Doctor:** I keep on stealing things

**Doctor:** Take 3 of these pills every morning for a week after that if there is no change see if you can get me a smart TV.

**Son:** Dad can you get me a big glass of water please?

**Dad:** That's the 5th glass you have had since you went to bed

**Son:** Yes and will need more the bedroom is on fire!

**Teacher:** What do you all know about Camelot?

**Pupil:** I think that is a parking area in desert for camels.



Henry never knew what hit him.

**What** is a bachelor?  
**Someone** who never Mrs anyone.

**What** is the most dangerous part of  
a car?  
**The nut** behind the wheel.

**Jake** had been in bed dying for over  
a week with his loyal wife sitting beside him  
Jake said to his wife in a very low voice  
you are so nice but I wish to confess  
I have been to bed with your sister  
her girlfriend and your mother I am  
sorry I was stupid.

**Wife** holds his hand and says do not  
worry just relax and I think the  
poison is kicking in.

Enjoy the meeting,  
Cheers Claudia.

## ***PRESIDENT'S REPORT – NOVEMBER***

***By Bill Mutch***

**Hello everyone**—summer has arrived!

I'm pleased to share some good news: our membership fees will remain at **\$30**. We're not here to make a profit, but to keep our club a welcoming and enjoyable meeting place for all.

Sharing trips with other clubs has been a real success. Also, I'd like to thank Alan Verry for his efforts in planning some excellent outings. Alan will expand on the details, but here are a few highlights already on the calendar:

- **Auckland Tug Boat Race** – *Monday, 26 January 2026* A wonderful day out on the harbour aboard the historic steam tug *William C. Daldy*.
- **Waiheke Island Day Trip** – *Thursday, 27 November 2025* A chance to enjoy the island, all on our Gold Hop cards.
- **Glenbrook Vintage Railway – Christmas Lights** – *Monday, 15 December 2025* Always a magical display, consistently rated "10 out of 10." This will be a bus trip.

(For more details, Alan can be contacted on **027 270 1385**.)

I've had no **Welfare Reports** to pass on this month. My own health has been a little down, but I keep going and remain grateful for the support of our members.

Cheers, **Bill Mutch**

## ***KEEPING THE BEAT: LINDSAY ROBERTS ON ST. JOHN'S THREE STEPS FOR LIFE***

***Vince Middeldorp (Notebooklm)***

Hello, West Auckland Men's Rebus Club members. I'm Lindsay, and for about 37 years, I've been volunteering as an 'ambo' (ambulance officer). Like many of you, I'm getting a bit older now, so I've cut back on frontline shifts, but I still work as an event medic and spend a great deal of time training people in the community through the St. John programme, "**Three Steps for Life**".

The main focus of this talk is how to perform CPR (cardiopulmonary resuscitation) and, increasingly important, how to use defibrillators.



*Ambulance officer Lindsay Roberts shares lifesaving CPR skills with club members at the October meeting.*

### ***The Three Steps: AEDs and Survival***

Defibrillators, or AEDs, are popping up everywhere now, from the top of New Zealand to the bottom. I know many people see these boxes and are simply scared to open them because they're unsure what happens. I want to stress that they are genuinely **easy to use**.

Using a defibrillator gives the best chance of bringing someone back to life following a cardiac arrest. If you get a defib going within the first few minutes of a patient collapsing, you can improve their chances of survival by up to 40%. Considering we attend over 2,500 out-of-hospital cardiac arrests every year—meaning seven or eight people collapse daily—and only about 10% make it back home if no one intervenes before we arrive, that increment is hugely worthwhile.

The core advice is simple: **Call 111, Start CPR, and Use a Defib if possible.**

### ***Following the DRS ABCD Check***

Before starting CPR, we always follow the doctor's abbreviation, **DRS ABCD**, which you should run through yourself.

**D for Danger:** Before you approach a collapsed patient, take a couple of seconds to determine if there is any current or potential danger to you or the patient. If someone is electrocuted by a vacuum cleaner plugged into the wall, grabbing them might cause you to receive a shock. If a car crash has knocked out a power line, the patient might be insulated by their tires, but you, walking over and grabbing the door, could be killed by the 1,000 to 50,000 volts. Wait until the danger has been removed; otherwise, the good Samaritan ends up dead, and we have two victims.

**R for Response:** Look to see if you can get a response. Greet them, call their name, give them a shake. If there is no response, try squeezing their earlobe hard or pressing firmly between their collarbones (clavicle). If they say something like, "What's wrong with you?" that's brilliant, because if they are talking, they are breathing.

**S for Send for Help:** If you get no response, this is the time: **Dial 111** for an ambulance.

When calling 111, be specific with the address. Saying you are at "a coffee shop at number 25 Queen Street, Auckland" and hanging up is pointless, as Auckland has multiple streets with the same name. If there are people around, delegate someone to call 111.

It is also incredibly helpful to **send someone outside** where the ambulance is likely to be coming up the road. When you see us turn into the side street, step out and wave so we can see you. You'd be staggered how many people watch us park and get our gear out before letting us know they are waiting for us around the corner. Seconds count; time is life-saving.

### **A, B, C, and D**

Once help is on the way, you move onto A, B, C, D:

**A for Airway:** You must get the patient onto their back on a **flat, hard surface**, usually the floor. There is no point doing compressions if the patient is still in a bed, as you'll just be compressing the mattress. We usually roll them over by grabbing the belt or shoulder and rolling them across.

To open the airway, tilt the head back gently (hand on the forehead, one under the chin). If the head doesn't stay back, quickly roll up something like your hat, a towel, or a pullover and stick it under the person's neck.

**B for Breathing:** Check if you can see or feel any sign of breathing. Watch the chest for movement or kneel down and feel air on your chin. If you can't see or feel anything, assume they are not breathing.

### **C for CPR (Cardiopulmonary Resuscitation):**

The goal is to squeeze the heart to push oxygenated blood around the body to keep the brain alive.

**Hand Placement:** Kneel by the patient. Place the heel of one hand in the **middle of the patient's chest** (under the armpit, bringing it back to the middle). Avoid the stomach area, which could lead to vomiting. Put your other hand on top and interlock your fingers.

**Technique:** Keep your elbows and arms straight. Do not try to bend your arms; use the weight of your body and the muscles across your back.

**Depth and Rate:** You must push the breastbone down about **5 cm** on the average adult—one-third of the distance from the top of the chest. The rate should be 100 beats per minute—steady counting. (You can keep the rhythm by remembering the Bee Gees song, "Staying Alive," but steady counting is fine).

**Rescue Breathing:** The correct ratio for an adult or infant is **30 compressions followed by two puffs of air**. The breaths are quick puffs, not huge breaths.

**Hands-Only CPR:** If the patient has facial injuries, or you don't want to blow into their mouth (which is understandable), it is perfectly fine to **concentrate only on CPR** and maintain that rhythm.

**Working Cycles:** We work in 2-minute cycles. Two minutes can feel like an eternity when doing CPR. If you feel yourself getting tired, pick a sensible-looking bystander, tell them you need help, and guide them to take over.

**D for Defibrillation:** Keep doing CPR until the defibrillator is ready.

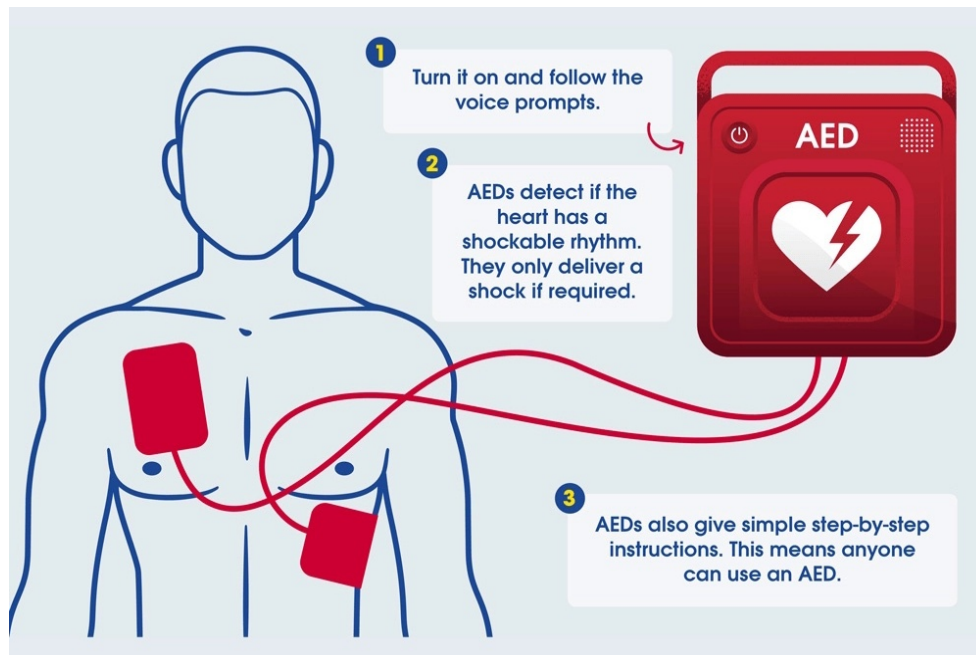
Every machine operates the same way, regardless of the model. The two great benefits are that it gives the best chance for the heart to restart, and **the machine talks to you**. Take deep breaths, calm down, and listen. It will repeat instructions until you follow them. When it tells you to "get on with compressions," a metronome starts inside (tick, tick, tick) that is exactly 100 beats per minute.

### **You need to prepare the chest:**

**Remove Clothing:** We do not muck around with buttons. We cut clothes off, which is why a pair of scissors (like clothing shears) should be in the box. If the patient is female, the bra has to come off, including the underwire, to prevent nasty burns and ensure the shock is effective.

**Remove Hair:** If the patient has thick chest hair, the pads may not make good contact. A **disposable razor** should be in the box. Scrape the hair off where the pads are going to stick.

**Safety with the Shock:** The machine will instruct you to apply the pads. When it says "**Do not touch patient**" and "**Everyone clear**," everyone stops and steps away. You must make sure no one—especially your knees if you're performing CPR—is touching the patient, or you will get a share of the shock (which is 1,000 to 2,000 volts). We look around, say "Clear," and then press the button.



*Automated External Defibrillator (AED)*

### **Important Considerations**

**The Patient Wakes Up:** If, during the process, the patient suddenly comes around (which can happen if you start early), they will be very confused. Don't let them get up. The energy required to sit up can be enough to stop them breathing again. Reassure them: "You're okay. You're a bit unwell at the moment. The ambulance is on the way, and St. John said it's important you just lie there and take it easy".

**Broken Bones/Pacemakers:** If you are working on an older person, you may hear a rib crack. It doesn't matter; the person is clinically dead. Ease up the pressure slightly and keep going; a broken rib can be repaired. Likewise, if they have a pacemaker, carry on with CPR and use the defibrillator.

**How Long to Continue:** Keep doing CPR until professional help arrives. Even if you are doing it for half an hour or 40 minutes, you still give the patient a chance of being brought back to life.

**For Babies/Infants:** The good news is this is rare, but if it happens, note two differences:

Do **not** put anything under their head, as their spine is still developing.

Use two or three fingers to push down about 2 cm on the chest. The 30:2 breathing ratio is vital, and you must make a seal around the nose and mouth.

Finally, if you perform CPR and bring someone back, you'll feel a million bucks. But remember, many people don't make it, even if they were breathing when we took them away. If that happens, it is **not your fault**. You did your best to help, and that's what matters.

## **COFFEE MORNING AT GLORIA JEAN'S CAFÉ**

**Vince Middeldorp (Claude AI)**

Our October coffee morning was held at Gloria Jean's Café, located at The Boundary in Henderson — a familiar and welcoming spot for many of us. This café, formerly Esquires Café, has long been one of Ian Smith's preferred venues. After a temporary closure for rebranding and refurbishment in May 2024, it reopened under the Gloria Jean's name, with the same people at the helm.

### **A Tale of Two Flat Whites**

Some of us might have noticed a bit of coffee price inflation this month. My large flat white in October cost \$7.60 at Gloria Jean's — quite a jump from the \$5.50 that I paid at Sierra Café in September for what I

considered was an equally good flat white. A quick online check showed that Auckland's large flat whites typically range from \$5.50 to \$8.00, placing Sierra Café at the lower end and Gloria Jean's at the upper end. But what's a couple of dollars when you're enjoying good company once a month?



*Around the table are Allan Verry, Ruth Denver, Suzanne and Raymond Barrett, Trevor Pollard, Ken Watson, Andrew Narayan. Facing away from the camera are John Mihaljevic, Ian Smith, and Linda Narayan.*

### ***From Latte Art to Loyalty Links***

In the Esquire days, I sometimes noticed the owner's beautiful latte art, intricate designs that left me wondering how it was done. While the artwork no longer attracts my attention, possibly because it's done by the staff and is nothing special, the service remains friendly enough and the coffee is always good.



*This photo shows intricate latte art at Gloria Jean's Café in Henderson. It was posted to the café's Facebook page by one of its customers.*

Interestingly, Gloria Jean's and Esquires share the same local management. Both brands are operated in New Zealand by Café Coffee & Bakery Systems (CCBS), which acquired them from Australia's Retail Food Group (RFG) in 2015. Maybe that explains why Gloria Jean's appears as "EsquiresAuckland" on our bank statements!

### ***A Variety of Venues***

A big thank you to Ian Smith for continuing to organise our monthly coffee mornings and ensuring we enjoy a change of scene. Alongside Gloria Jean's and Sierra Café, our group has visited — and may visit again — Delicious Café and Sugar Grill in Te Atatū North, King's Garden Centre Café, Kream Café on Universal Drive, Swanson Station Café, Columbus Coffee at Mitre 10, and The Alderman in Henderson.

Wednesday, October 22nd, despite a modest turnout from Waitakere Combined Rebus, was another enjoyable morning of good coffee, great conversation, and Rebus camaraderie — exactly what these gatherings are all about.

## NEXT COFFEE MORNING: CORBAN ESTATE ART CENTRE

Vince Middeldorp (Claude AI)



*The lower homestead at the Corban Estate Art Centre is where the Coffee Studio is now located*

Our next coffee morning will be held on **Wednesday, 26 November at 10:00 am**—the usual time for our gatherings. It's been quite some time since we last visited the Coffee Studio at the Corban Estate Art Centre. It was actually back in March 2020. Since then, the café has shifted location within the complex, though it remains under the same operators, who have been running it successfully for the past five years.

A practical note from Ian Smith: if you'd like a takeaway coffee, please bring your own reusable cup.

If you haven't been out to the Corban Estate Arts Centre before, it's well worth a look. The place is big, full of character, and has some great facilities tucked away. The Trusts held their Grants Night there in December 2024, choosing the Te Pou Theatre as the venue—and it turned out to be a successful evening.

At a recent Henderson Historic Society meeting, Trevor Pollard introduced me to Sharon Alexander, the daughter of Assid Corban, the first Mayor of Waitakere City and previously Mayor of Henderson Borough Council. Our conversation touched on the history and future of the estate. Sharon explained that the land, once owned by Waitakere City, is now owned by Auckland Council. While covenants exist to protect large parts of the property, she expressed concern that its proximity to the railway station might one day make it a target for high-density housing. Whether those covenants could withstand a legal challenge remains an open question.

For now, however, the Corban Estate continues to thrive as a cultural hub, and the Coffee Studio provides us with a welcoming space to enjoy good company. We look forward to seeing you there on the **26<sup>th</sup> of November**—come for the coffee, stay for the conversation.

## A SOUND SOLUTION

Vince Middeldorp (DeepSeek AI)

Back in August, I visited Sound Division with a clear goal: to buy the Vonyx portable sound system advertised on their website for \$399. However, sound specialist Warren Mendonsa, after asking about our club's specific needs, advised against the portable system.

Instead, Warren recommended the Power Dynamics active speaker. It was slightly cheaper—by \$10—than the portable sound system. The unit features a 10" loudspeaker and a 1" tweeter housed in a wooden cabinet, with a built-in 200W amplifier. What convinced me was Warren's assurance that Power Dynamics was better quality than Vonyx. The speaker weighed 13.5 kg, and Warren wheeled it out to my car on a hand trolley.

We put the new speaker to the test at our October meeting, and the results were immediately impressive. The sound carried with remarkable clarity from the back of the hall to the front, and there was a significant reduction in feedback squeal.

We plan to continue using this new system in the coming months. This will enable us to experiment with small adjustments, such as reducing microphone sensitivity and routing the audio through an equaliser, which should further enhance the performance.



Sound Division has two Auckland branches, one in Albany and one in Henderson. I bought the Power Dynamics active speaker (PDY210A) from the Henderson branch at 7 Corban Avenue.

For now, it's reassuring to have a reliable backup to the hall's system—and one that might replace the sound system in the Friendship Hall as our primary audio solution.

### **A DAY OUT TO HUIA SETTLERS MUSEUM**

Our clubs are hitting the road together! On Wednesday, **12 November**, members of the West Auckland Men's Rebus Club, Waitākere Combined Rebus Club, and Henderson Falls Friendship Club are going on a bus trip to historic Huia. This is the first time Ian Smith has organised an outing for all three clubs — a great chance to mix, mingle, and make new friends.

The journey will be just as enjoyable as the destination. **Trevor Pollard** will provide a commentary on Huia's fascinating history as we travel through the scenic Waitākere Ranges.

#### **Itinerary (updated since the last newsletter):**

1. 9:30 am – Meet at **St John Hall, Edmonton Road**
2. First stop: **Swan Arch Reserve**
3. Second stop: **Henderson Mill Cottage** for morning coffee (provided)
4. Then on to the **Huia Settlers Museum**
5. ~2:30 pm – Back at **St John Hall, Edmonton Road**

At the museum, we'll split into two groups for a smooth experience:

- **Group 1:** Guided tour of the exhibits
- **Group 2:** Enjoy your packed lunch (with complimentary tea & coffee)
- Then **swap** — everyone gets the full experience!

Cost: **\$20** — excellent value! Payment: \$20 to Waitākere Combined Rebus Account: **12 3232 0318628 00**

**Bring:** Your own lunch (drinks provided) **Still room for a few more!** Don't miss this relaxed, friendly day out exploring one of West Auckland's hidden historic gems.

### **SUPPORTERS**



We hold our meetings at 10:00 am on the second Friday of each month at New Lynn Friendship Hall, located at 3063 Great North Road. The date for our December meeting is **Friday, December 12th**.