



# West Auckland Men's Rebus Club

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

## Newsletter

**JUNE 2021**

**The next meeting will be at 10 am Friday 11 June at the New Lynn Friendship Hall, 3063 Great North Road, New Lynn**  
**Because another group needs it, we must vacate the meeting room no later than 12 noon, so please be prompt and expeditious**

### COMMITTEE

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### CLUB BUSINESS

#### **PRESIDENT'S REPORT** **(aka PRESIDENT'S PRATTLE)**

A big hello from me to all our members. Our winter is now well underway and we have to make sure we take good care of ourselves. Some have been in hospital, but I will let the Welfare guys (Trayton & Barry) tell you all about that.

Fiji is not going great in the Covid world and it should be a reminder that we still need to take extra care with problems brewing in Melbourne also I think travel is off plans at present. My second home is the Cook Islands. For over 20 years I went there a minimum of twice a year to conduct staff/management training course's and have ended up with many friends, who I miss along with "The Palace" takeaway Egg Burgers. The most challenging thing I had to do was be at a beach party all night, get on my motorbike at 5.30 am and start a training course at 6 am until 11 am (always started early due to the heat), but in my shorts, jandals, unshaven, still unsteady due to too many rum and cokes. I went home to my wonderful studio unit right on the beach lay on the bed and with the sound of the waves crashing on the reef I was soon sleeping and woke up at 8 pm. It was a night I have never forgotten. I promise as President I will not repeat this at our club.

If any of our new members would like time to tell us a little about themselves just email me [celebrantwedding@gmail.com](mailto:celebrantwedding@gmail.com) and I will arrange a slot (max 10 minutes) but this is not compulsory.

Gloria Whetton was very grateful for our members who attended her husbands funeral service at Morrisons of Henderson. I conducted the service and 108 attended. Laurie was a long time member and will be sadly missed. Gloria has started a new chapter, sold the family home, and moved into a retirement village.

It is time to think about the roles needed to keep our wonderful club going, like future President, etc if you are keen just send me an email [celebrantwedding@gmail.com](mailto:celebrantwedding@gmail.com) Thanks, Bill. (I will always be there to help).

We also need to help other clubs from time to time. The Pt Chev historic society needs our help because they have a very small number of members and this year are having a Mid Year lunch at Ryders, Riversdale Road, Avondale. The format is a mystery movie followed by an old fashioned roast coal range

cooked all for \$30 pp date is Tuesday 03 August 2021 at 10 am plenty of parking, and they are a friendly group which has helped us in the past, also helps us to get new members.

The doors we open and shut control our future, I once did the following presentation:

There are many kinds of doors, Some look inviting to the eye. Some speak a welcome. Some repel the glances of the passers-by. There are friendly doors that have a cosy homely air.

Doors where tangled roses cling as if they loved to linger there.

Doors of churches, hallowed doors, through which upon sabbath days countless worshippers have passed, through to sing their songs of prayer and praise. Prison doors that people pass through in bereft of hope, no longer free.

Doors of our hospitals that stand for mercy and humanity. At the doorway of the heart may no one ever fail to find a swift response of sympathy, a word of welcome warm and kind.

See you all with that gold coin at the next meeting Friday 11 June 2021 starts 10 am.

Cheers Bill Mutch

### **SECRETARY'S REPORT** **Vince Middeldorp**

Bill Mutch welcomed 31 members to the May 2021 meeting and the lady visitors who were there to hear the computer talk from Grant Stevens. The visitors were not asked to stand up and introduce themselves.

Apologies were recorded for Euan Carr, Ray Hancock, Andrew Geddes, and Maurice Vickers.

The minutes of the previous meeting, held on 9 April, were provided to Bill Mutch for confirmation and signing.

There were no matters arising. The only item of correspondence was a message sent via the contact page on the website, from Alipate (Albie) Fraser saying he might come along to the meeting. He didn't turn up.

Treasurer Justin Griffith said most members had now paid their subscription, including one who he didn't have on his list of members still to pay. He said he would give that member a receipt later in the meeting.

Trips organiser Ian Smith said the Kaipara estuary boat trip went very well. The next coffee morning would be at Kings Plant Barn in Universal Drive on Wednesday 26 May at 10:00 am.

Welfare Officer Trayton Wickens reported he had once again been to see Dalton Dean. He thought Dalton was in the final round and didn't have much longer to go.

There were several items for General Business. Bill Mutch informed members about an upcoming talk at New Lynn Library on the theft of a machine gun from St Austells Church in Margin Avenue. Bill asked Trevor Pollard if he knew anything about the theft. The talk is on 13 June at 2:00 pm. Trevor said members could go to the Whatipu Lodge 150 year centennial function which is on Saturday 22 May. He said those going should phone Bruce Harvey 817 3651.

Massey University is looking for volunteers to take part in a study of osteoarthritis and green shell mussels. Participants have to be aged 60-74 and will be compensated with \$200 vouchers. For details, see the item later in this Newsletter.

The next meeting date was set down for Friday 11 June 2021 at 10.00 am. The guest speaker will be Don Graham JP, managing director of food importer William Aitken and Co but best known as an onstage friend of Mad Butcher Peter Leitch.

Dr Tom Miller conducted his quiz, which was again good fun and enjoyed by members and visitors alike.

Grant Stevens from Eden Computers spoke on everything from removing asbestos from the ceiling of his new house at Beachlands, to the Pythagorean cup which he had brought along. At 11:30 am and with just 15 minutes to go, he turned to the subject of computers.

The meeting closed at 11.45 am.

### **CLUB EVENTS**

### **GUEST SPEAKER**

May's Guest Speaker was **Grant Stevens**, of Eden Computers, speaking about computers. This was a return visit: Grant spoke to us last October, on his other passion, Winston Churchill. However, computers are his day job, (<http://www.edencomputers.co.nz/>) and he is very good at it. Just the person to go to if your computer is unwell. As Vince said in his introduction, we need someone trustworthy and reliable in that situation, so that:

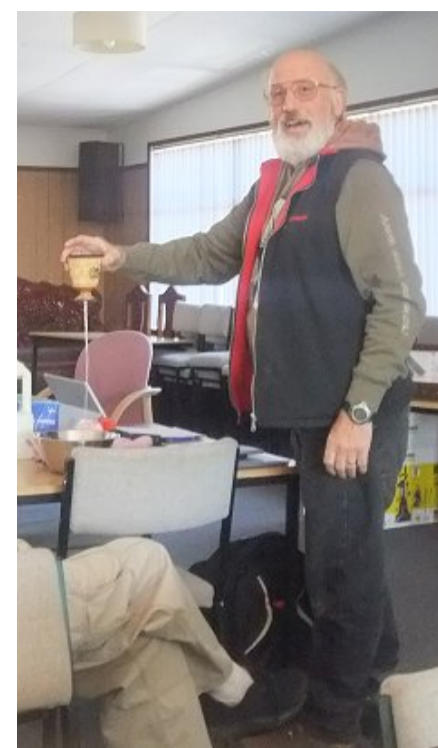
*Everyone here today will go home knowing something about computers that they didn't know before and which is useful when it comes to computers.*

So it proved.

Grant began by noting that he normally speaks for 1½ hours, but had only 1 hour available, so would up his pace.

The day of his talk was an auspicious one in the Stevens household: his doctor wife was retiring after 40 years in practice, and Grant was himself due to retire in 358 days. But he would never stop fixing computers: even after he and his wife move to Beachlands, he will still come to town 2/3 days a week to fix computers.

He said it was easy to find something to talk about: he usually brings his latest gadget. This time it was a Pythagorean Cup ([https://en.wikipedia.org/wiki/Pythagorean\\_cup](https://en.wikipedia.org/wiki/Pythagorean_cup)): A device invented by the eponymous Pythagoras ([https://en.wikipedia.org/wiki/Pythagorean\\_cup](https://en.wikipedia.org/wiki/Pythagorean_cup)) to teach his students not to be greedy.



Grant didn't always stay on topic. He told of using **My Food Bag** ([https://en.wikipedia.org/wiki/Pythagorean\\_cup](https://en.wikipedia.org/wiki/Pythagorean_cup)) and how to stretch it: 8 meals for 2 for \$153. He also told of the chipper he got from **AliExpress** (<https://m.aliexpress.com/>). He learned not to use it to chip kumara: it broke. So he bought 6 – just in case. He also has 100 pocket watches – he had 10 with him.

Back on topic, he advised buying 2 chargers for every device; in case one went AWOL. And to keep them all in one place.

For note taking, he uses a RocketBook (<https://getrocketbook.com.au/>), using a gel pen (cheaper from PaperPlus (<https://www.paperplus.co.nz/>)). The RocketBook phone app saves your notes to Google Drive (<https://www.google.com/drive/>) and also transcribes it into a Word (<https://www.microsoft.com/en-us/microsoft-365/word>) document.

He also has an electric tooth brush with a phone app which watches him brushing his teeth and gives advice. He mentioned that his dentist suggests you floss the teeth you want to keep.

Grant also suggests an electronic blood pressure monitor.

Grant then told of significant events on the Internet. Such as the ransomware (<https://en.wikipedia.org/wiki/Ransomware>) attack on Colonial Pipeline ([https://news.yahoo.com/colonial-hack-did-cyber-attackers-180049022.html?guccounter=1&guce\\_referrer=aHR0cHM6Ly9kdWVja2dvLmNvbS8&guce\\_referrer\\_sig=AQAAAIKipuNrdtg6RY8QBW0VxKM7pQkxQqimSTUE18M3j1vmpmuRbHms0oPZGXMxb6yEDSIKVymQl2hDTmaMLet4\\_yjQbECa95wAZkYP77nNKCVnr3B6pn4o19dhX5RTXE7ZvbVGw0tgAF8CYZNqxEtYhdanHeOMqu0caI7FodCxcRZh](https://news.yahoo.com/colonial-hack-did-cyber-attackers-180049022.html?guccounter=1&guce_referrer=aHR0cHM6Ly9kdWVja2dvLmNvbS8&guce_referrer_sig=AQAAAIKipuNrdtg6RY8QBW0VxKM7pQkxQqimSTUE18M3j1vmpmuRbHms0oPZGXMxb6yEDSIKVymQl2hDTmaMLet4_yjQbECa95wAZkYP77nNKCVnr3B6pn4o19dhX5RTXE7ZvbVGw0tgAF8CYZNqxEtYhdanHeOMqu0caI7FodCxcRZh)). Also the attack on SolarWinds ([https://news.yahoo.com/colonial-hack-did-cyber-attackers-180049022.html?guccounter=1&guce\\_referrer=aHR0cHM6Ly9kdWVja2dvLmNvbS8&guce\\_referrer\\_sig=AQAAAIKipuNrdtg6RY8QBW0VxKM7pQkxQqimSTUE18M3j1vmpmuRbHms0oPZGXMxb6yEDSIKVymQl2hDTmaMLet4\\_yjQbECa95wAZkYP77nNKCVnr3B6pn4o19dhX5RTXE7ZvbVGw0tgAF8CYZNqxEtYhdanHeOMqu0caI7FodCxcRZh](https://news.yahoo.com/colonial-hack-did-cyber-attackers-180049022.html?guccounter=1&guce_referrer=aHR0cHM6Ly9kdWVja2dvLmNvbS8&guce_referrer_sig=AQAAAIKipuNrdtg6RY8QBW0VxKM7pQkxQqimSTUE18M3j1vmpmuRbHms0oPZGXMxb6yEDSIKVymQl2hDTmaMLet4_yjQbECa95wAZkYP77nNKCVnr3B6pn4o19dhX5RTXE7ZvbVGw0tgAF8CYZNqxEtYhdanHeOMqu0caI7FodCxcRZh)) and Microsoft Exchange (<https://www.cnn.com/2021/03/09/microsoft-exchange-hack-explained.html>).

Not that New Zealand is immune: the Waikato DHB is still recovering from a ransomware attack ([https://en.wikipedia.org/wiki/Waikato\\_District\\_Health\\_Board\\_cyberattack](https://en.wikipedia.org/wiki/Waikato_District_Health_Board_cyberattack)).

Grant observed that people over 80 can get computers to do things that others cannot. Who says an old dog can't learn new tricks! And without even trying!

He told of getting a call from his dentist's receptionist: lines of text were disappearing from her emails. It turned out that she wasn't the only one with this problem, which was caused by (yet another) botched Microsoft update; this one affecting Outlook. Although soon rectified by Microsoft, this episode does underlie our dependence on Microsoft and that any problem with it affects us all.

Grant's suggested solution is to use pencil and paper. In this light, Grant told of how both the American and Russian space programmes needed to be able to write in the weightlessness of space. Allegedly, the Americans spent millions developing a 'space pen': the Russians took pencils. The truth of the matter, as a quick search of the Internet revealed, is more prosaic (<https://www.history.nasa.gov/spacepen.html>).

Grant does not read a physical newspaper, but gets all his news online.

At this point in his talk Grant offered some comic relief, of a quality matching that with which our own members regularly regale us with.

Lance is not a common name these days, but there was Lancelot in the Middle Ages.

An Englishman and an Irishman went into a bakery. The Englishman promptly pocketed three doughnuts. The Irishman told him that he didn't have to do that: he could get them for free legitimately. The Irishman asked the person behind the counter if he could show him a trick. The person behind the counter agreed. The Irishman took a doughnut and ate it. He ate three in all. The person behind the counter asked *Where's the trick?* The Irishman said *Look in the Englishman's pocket.*

Nice to hear a joke where where the Irishman is not the butt.

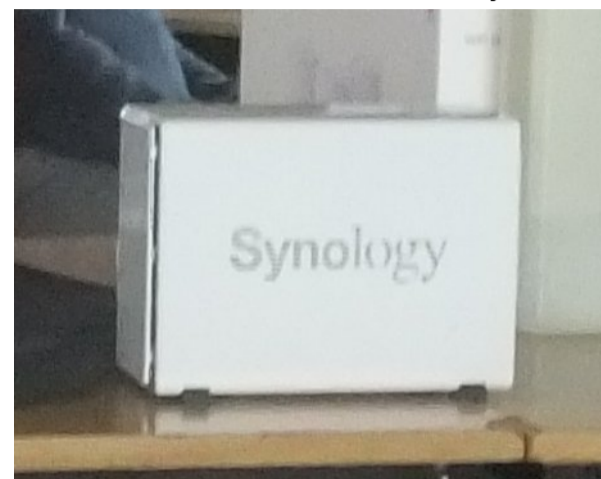
Returning to topic, Grant told of an earpiece to be used with a phone, so that it doesn't matter where the phone is. Also of the HP Sprocket printer (<https://www.hp.com/us-en/shop/slp/sprocket-photo-printers/hp-sprocket#!>) for printing from a smart phone.

He waxed lyrical about Tiles (<https://www.postscapes.com/wireless-key-locators/>): small electronic tags that are attached to losable objects that emit a trackable signal. A packet of 4, with replaceable batteries, sells for \$119. Cheaper versions are available, but they have integral batteries, so must be replaced when the battery runs down.

Getting back to mainstream computing, Grant noted that if you have an old computer running Windows 7 that is past its best, you do not need to buy a new computer. It is cheaper to upgrade your existing computer, with a free operating system update to Windows 10 and by replacing the spinning disk HDD ([https://en.wikipedia.org/wiki/Hard\\_disk\\_drive](https://en.wikipedia.org/wiki/Hard_disk_drive)) storage with a more efficient SSD ([https://en.wikipedia.org/wiki/Hard\\_disk\\_drive](https://en.wikipedia.org/wiki/Hard_disk_drive)). This will give a 5-fold increase in speed (eg [https://en.wikipedia.org/wiki/Hard\\_disk\\_drive](https://en.wikipedia.org/wiki/Hard_disk_drive)).

Grant is a great fan of replacing HDDs with SSDs, and will do so for about \$250 for a 250 GB SSD, \$350 for 500 GB and \$450 for 1 TB. If you are interested, check these prices with Grant first.

Another important aspect of computing is **backup** (<https://en.wikipedia.org/wiki/Backup>). For large amounts of data, Grant recommends **SYNOLOGY** (<https://www.synology.com/en-uk>):



This is a box containing **two** (or more, according to the site) drives, each mirroring the other, to provide redundancy: if one fails the other takes over until the failed unit can be replaced. The system monitors the two drives and warns if one is about to fail.

For smaller amounts of data, Grant suggests **Google Drive** (<https://www.google.com/drive/>) or **BackupSync** (<https://sourceforge.net/projects/backupsyncnet/>).

Grant also talked about **passwords**, especially the need to be careful with them (<https://en.wikipedia.org/wiki/Password>). In particular, be especially careful with passwords for anything to do with money, especially online/internet banking.

To check if your email address (or phone number) has been compromised, go to <https://haveibeenpwned.com/> and enter your email address or phone number.

To help you remember all your (unique) passwords, Grant suggests using 2-part passwords: one part common to all and another part specific to each website. While it is OK to write down the site-specific part, **keep the common part in your head**. Do **not** write it down.

However, have totally unique passwords for your bank and other sites dealing with money.

To record your passwords (the site-specific second part only), Grant recommends using a notebook and having each website on a separate page. When you change a site's password, simply cross-out the old one (so that it can still be read), then add the new one under it. And date it.

Sometimes, a website will ask for an old password as a security check if there is a problem. Keeping a record of old passwords and when they were current allows you to make use of this facility.

If you do lose a password and cannot get into your computer, Grant has 'stick' which he can insert into your computer and use it to reset your password. Only the good guys are kept out by passwords!

I have used 2-part passwords for a long time, and recorded the site-specific part in a notebook, for some time, although I have not kept each one on a separate page or kept a record of old ones. I must start doing that.

This was the end of Grant's 'formal' presentation. He then answered the questions that Vince had previously sent him.

As to which type of computer is best, Grant says *whatever works for you*. For basic email and browsing, an iPad will do. If you want a keyboard, go for a more expensive (~\$1200) iPad Pro. The top end laptop (at ~\$2500) is the HP Envy. An alternative is a Microsoft Surface, at about \$1700-\$2000. This has slots for SD cards, to easily increase storage.

Grant warned that you should **not** carry a laptop with the power cord plugged in. It is easily damaged.

Grant says that, for Windows 10, at least, the only antivirus software you need is Microsoft Defender, which is bundled with Windows 10. He says to never use anything from Norton, AVG or McAfee: their products are heavy-handed and intrusive – *you need a second computer to run them*.

Microsoft Defender does work, without the problems of Norton and co. If you do want more, Grant recommends **Eset** (<https://www.eset.com/us/>).

Grant gives the main causes of computer failure as:

- Hard drives, which are subject to mechanical failure, which is why he is such a fan of solid state drives
- Dust (causes poor ventilation and overheating)
- Someone fiddling – if you don't know what you are doing - don't

Grant recommends at least 8 GB of RAM, and preferably 16.

He told us to beware of being scammed. In particular, beware of cold calls – hang up. We should keep an eye on the (even more?) elderly: they (we?) are especially vulnerable. This is especially so for someone whose mental facilities are not what they used to be.

Grant finished by answering some questions from the floor.

- When your computer asks if it should save a password, say **no** if it has to do with a bank
- Should I update drives in Windows 7? If it's running OK, leave well alone.
- How often should I update facial recognition? When you need to

Grant also mentioned Bluetooth-enabled hearing aids, to be used with a phone. Handy, but pricey (\$5000).

As Vince said in his introduction, no matter how knowledgeable we were before Grant began, we were all even more knowledgeable by the time we finished. No less than I had expected from Grant, and I was certainly not disappointed. I doubt anyone else was. Grant's knowledge of and enthusiasm for computers was apparent. I don't think I am the only one who looks forward to a return visit.

### QUIZ QUESTIONS

Tom Miller challenged us with another of his quizzes. Here are the questions; the Answers are later in this Newsletter.

- 1 *Claustrophobia* is fear of what?
- 2 What is your *olfactory sense* concerned with?
- 3 What does *PTSD* stand for?
- 4 What word describes using another person's language or ideas?
- 5 Which is greater: 1/3 or 4/8?
- 6 Which Greek author is famous for his fables?
- 7 World War II RAF 617 Squadron is better known as?
- 8 The eye has what 5 main components?
- 9 Which 2 colours are commonly confused in *Colour Blindness*?

### OUTINGS

#### COFFEE MORNING

Wednesday 26 May 2021 saw a return visit to **King's Plant Barn Cafe** (<https://www.kingsgardencafehenderson.co.nz/>), on Universal Drive, Henderson. We had previously been there in September 2019, on our second-only Coffee Morning. Rather more people attended this time – 17 instead of 6.



This time there were people from Waitakere Combined Rebus as well as from West Auckland Men's Rebus. In fact, apart from yours truly, the first arrivals were from the Waitakere group:



More soon arrived. The Lalolis made a stately entrance:



Roger seems to be channelling Groucho Marx ([https://en.wikipedia.org/wiki/Groucho\\_Marx](https://en.wikipedia.org/wiki/Groucho_Marx)):



May and Andrew were dispatched to join the queue at the counter:



Our table soon filled-up:



From Vince (even includes yours truly):



Because the roof was open, not only it was colder than it needed to be, but birds could (and did) get in – it was like being inside an aviary! Despite that, a good time was had by all. Yet another successful outing organized by Ian.

The above is my take on the event; Vince also supplied the following account of it:

The worry going into the coffee morning was the availability of parking. Ian Smith had said there was a reasonable amount of parking, so I imagine he was hoping for the best. When I arrived at right on 10:00 am I found what I thought was one of the last available parking spaces. I therefore walked around the front and to my relief found some more places. When I walked back to the entrance Noel and Merilyne drove in and I told them there were only two places left where they were (the car parking area on the side of the barn).

I took a photo which showed five staff cafe staff working. Four behind the counter and one in the cafe itself. Maybe there were more. I also saw a long queue of people waiting to be served. At that stage I thought we once again must have generated a huge turnout from the two Rebus Clubs however that proved not to be the case. This cafe is very successful and what I was seeing was not much more than the normal morning numbers for the cafe. There was a flash looking Alfa Romeo parked outside and I thought it must belong to the cafe operator.

The large roadside sign outside says *Altura Coffee* and I was expecting great things. My coffee however was unbelievably weak for a purchased coffee in a cafe. Some cafe's have a sign saying, *All our Coffees are doubles*. I think that doesn't apply here. The fact that the cafe is doing so well has nothing much to do with the coffee. I didn't buy any food so don't know if that is the attraction. I'm thinking that going out to meet people over coffee is what makes these places a goldmine for the operators.

There were a group of cyclists wearing fluorescent lycra sitting at the next table. They were all old retired looking blokes similar to what we came across at the Swanson Cafe last time we went there. I asked them if they ever biked to the Swanson Cafe and they looked as if to say *Heck no that's way to far for us to go on our bikes*. So it was a different group to what we came across last time.

For what it is worth I think Cameron Slater is right to describe cyclist as *road maggots*. They are a real nuisance on today's congested roads and I hate changing lane to give them a wide berth, then coming back into my lane only to find them overtake me at the next traffic lights and having to weave out of and back into the left hand lane once again to make absolutely certain I don't hit them.

Thanks for that Vince. It's nice to have more than one view of any one thing.

## **FUTURE OUTINGS**

There are two forthcoming outings in prospect.

First is our **Mid-Winter Lunch**, at Goode Brothers, Lynn Mall, at 12 noon on Wednesday 23 June. Details are in the [May 2021 Newsletter](#).

Second, Ian has organized a Gold Card Trip to the **Orakei Shopping Centre** (or **Orakei Bay Village**, as it prefers to be called (<https://www.obv.co.nz/>))



for Friday 30 July.

Travel will be by train: Western Line to Britomart, then Eastern Line to Orakei.

Catch the Western Line train at the station most convenient to you; Ranui at 0943, Sturges Road at 0946, Henderson at 0948, Glen Eden at 0954, New Lynn at 0959 or Avondale at 1003. Go into the last carriage of the train at these times: as Ian says *half the fun is had riding in the same carriage there and back*.

This Western Line train arrives at Britomart at 1036, giving plenty of time to catch the Eastern Line train there at 1046, to arrive at Orakei at 1052. You might even have time for a pit stop at Britomart.

Departure towards home will be at about 1.15pm

These are the times at writing: they may change in the 8 weeks until the outing.

From the train station there is a walk of about 300 steps across the overhead bridge to a lift outside Plant barn for access to the shopping centre. There are 3 separate coffee bars. And a milk and cookie bar. Two restaurants and a Brothers beer bar serving food. The only expense will be what you decide to treat yourself to when you get there. We can split into reasonable sized groups to enjoy the coffee.

Members who are allergic to train travel and adventure can drive there and meet us there at about 11 am.

Those who haven't used their AT HOP card for a while should check if it needs an update before the travel day: either online (<https://at.govt.nz/bus-train-ferry/at-hop-card/>) or by phone (09 366 4467).



## OUTSIDE EVENTS

Members with appropriate health issues might be interested in:



**Do you have creaky or painful knees?  
Do you have early signs you think might be knee  
osteoarthritis but no osteoarthritis diagnosis?  
Are you 60-74 years of age?**

### The ROAM Study (Researching Osteoarthritis and Greenshell Mussels)

Massey University is looking at the role of NZ Greenshell mussels for knee pain or other knee issues

#### Can you help? If you can, you will be required to:

- Complete screening questionnaires
- Visit the Massey University Human Nutrition Research Unit in Albany for data collection (including blood and urine samples)
- Take capsules of powdered Greenshell mussel or placebo for 6 months

#### For more information please get in touch:

[www.massey.ac.nz/roamstudy](http://www.massey.ac.nz/roamstudy)

Phone: Cassie 09 213 6859 or Owen 09 213 6650

email: [c.slade2@massey.ac.nz](mailto:c.slade2@massey.ac.nz) or [o.mugridge@massey.ac.nz](mailto:o.mugridge@massey.ac.nz)



**Participants will be compensated for travel with \$200 vouchers**

This project has been reviewed and approved by the Health and Disability Ethics Committee ref: 20/CEN/218.

## MEMBER'S CONTRIBUTION

This month we have a number of contributions from or through members.

### TRAYTON WICKENS

Little Johnny's neighbours had a baby. Unfortunately, the baby was born without ears. When mother and new baby came home from the hospital Johnny's family was invited over to see the baby.

Before they left their house, Little Johnny's dad had a talk with him and explained that the baby had no ears. His dad also told him that if he so much as mentioned anything about the baby's missing ears or even said the word ears he would get the spanking of his life when they came back home. Little Johnny told his dad he understood completely.

When Little Johnny looked in the crib he said, "What a beautiful baby." "He has beautiful little feet and beautiful little hands, a cute little nose and really beautiful eyes." The mother said, "Why, thank you, Little Johnny."

"Can he see?" asked Little Johnny. The mother proudly replied, "Yes... we are so thankful, the Doctor said he will have 20/20 vision."

"That's great," little Johnny replied, "Because he'd be screwed if he ever needed glasses."

### TOM MILLER

A couple who operated a travelling circus went to an adoption agency and asked to adopt a child. The agency was not sure about that. The couple didn't have a permanent address: they said they had a large elegant mobile home with a spare bed. They also had a cook, so good food would not be a problem. Schooling the child would be provided by a tutor.

Satisfied, the agency agreed that they could adopt a boy. When asked about his preferred age, they replied that age was not important, but that size was.

The boy would have to be able to fit comfortably into the circus's cannon.

## NURSERY RHYMES

*Laurie Vincent*

We learned nursery rhymes as kids and in our innocence we had no idea of the origins of these rhymes and stories. Here are some explanations, supplied by Laurie Vincent.

*JACK & JILL went up the hill to fetch a pail of water  
Jack fell down and broke his crown,  
And Jill came tumbling after.*

The roots of this poem are so dark that they should not be allowed anywhere near children: Jack & Jill are actually King Louis XVI and his wife, Marie Antoinette, who were convicted of treason during the French Revolution, otherwise known as the Reign of Terror, and beheaded. Jack or Louis XVI lost his "crown", or his throne and his head. And Jill, or Marie Antoinette's head soon came tumbling after.

### **MARY, MARY QUITE CONTRARY**

*How does your garden grow?  
With silver bells and cockle shells  
And pretty maids all in a row.*

May be about Bloody Mary, daughter of Henry VIII and concerns the torture and murder of Protestants. Queen Mary was a staunch Catholic, and her “garden” here is an allusion to the graveyard which were filling with Protestant martyrs. The “silver bells” were thumbscrews; while “cockleshells” are believed to be instruments of torture which were attached to male genitals. Maids in a row were other forms of torture, possibly a guillotine.

### **ORANGES & LEMONS**

*Say the bells of St Clements.  
You owe me 5 farthings,  
Say the bells of St Martins.  
When will you pay me?  
Say the bells of Old Bailey.  
When I grow rich,  
Say the bells of Shoreditch.  
When will that be?  
Say the bells of Stepney.  
That I don't know.  
Says the great bell of Bow.  
Here comes a candle to light you to bed.  
And here comes a chopper to chop off your head.  
Chip chop, chip chop the man is dead.*

Follows a condemned man en route to his execution. *Here come a chopper/To chop off your head* – past a slew of famous London churches: St Clements, St Martins, Old Bailey, Bow, Stepney, and Shoreditch.

*HUMPTY DUMPTY sat on a wall,  
Humpty Dumpty had a great fall.  
All the king's men and all the king's horses  
Couldn't put Humpty together again!*

This was the name of a cannon which was in the tower of St Mary's, in Colchester, England placed there to defend the town against the enemy. The tower was hit by the enemy, causing it to tumble down, shattering the cannon (Humpty Dumpty) and could not be put together again.

### **BAA BAA BLACK SHEEP**

*Have you any wool?  
Yes sir, yes sir, three bags full.  
One for the master, one for the dame,  
And none for the little boy who lives down the lane.*

Referred to a medieval wool tax imposed in the 13th century by King Edward I? Under new rules, a third of the cost of a sack of wool went to him, another went to the church, and last to the farmer, thus nothing was left for the shepherd boy, crying in the lane.

Black sheep were also considered bad luck because their fleeces cannot be dyed and so they were worth less to the farmer.

This is a tale of misery & woe.

To delve deeper into this topic, see [https://en.wikipedia.org/wiki/Nursery\\_rhyme#Meanings\\_of\\_nursery\\_rhymes](https://en.wikipedia.org/wiki/Nursery_rhyme#Meanings_of_nursery_rhymes) and [https://en.wikipedia.org/wiki/List\\_of\\_nursery\\_rhymes](https://en.wikipedia.org/wiki/List_of_nursery_rhymes). Enjoy!

On a more serious note:

### **LETTING THEM KNOW**

**(for Connie Bensley)**

by Fleur Adcock

We need to find a way of telling them,  
those of us addicted to living alone;

if we lose the power of speech, and all the rest,  
we need a non-vocal way to make it known:

not to call for help – it's too late for that -  
but simply to inform them that the bird has flown.

No particular advantage is gained  
by having someone there on the spot

when all you need is a messenger  
to convey the information, posthumous or not;

you could leave the front door open, perhaps  
for some passerby to figure out the plot.

The thing is – how can we put this gently? -

we just want to be found before we rot.

(from **THE MERMAID'S PURSE**, VUP)  
Listener 22 May 2021

### CLAUDIA'S CORNER

Did you hear about the restaurant on the moon?  
It had great food, but no atmosphere!

What's the best thing about Switzerland?  
I don't know, but their flag is a huge plus.

An exercise for people who are out of shape: Begin with a five-kg potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten- kg potato bags. Then try 20- kg potato bags, and eventually try to get to where you can lift a 30-kg potato bag in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put a potato in each bag. — Haha Claudia.

### WAIT, THERE'S MORE

I can add a sack joke:

Fred worked in the factory for many years. All that time, the watchman on the factory gate were convinced that he was stealing from the factory. Every day, they looked into the sack he habitually had slung over his shoulder, but it was never anything in it.

Finally, Fred retired. On his way out on his very last day, the watchmen at the gate said: *Fred, we know you've been stealing from us all these years, but we've never been able to provide it. We won't do anything about it, but we just want to know: what exactly is it that you've been stealing all these years?*

Sacks.

There is also a version of this story featuring wheel barrows.

Finally, some cartoons to fill up space.

One for Vince, when he is burning the midnight oil on our behalf.



*"Just put that in my, 'I'll get to it when I can, I'm only human' pile."*



*"I see lots of trees, sand and water. Either you're going on a beautiful vacation, or you're a lousy golfer."*

Depends on Covid

Are we too old for this?



*"I hear the ark has no Wi-Fi. I think I'll take my chances here on land."*



*"Our boat is fine, and we're not stranded. We just don't want to go back to that crazy world."*

But this might appeal!

### OTHER

In last month's newsletter (May 2021) President Bill Mutch wrote; Watching the news of the world and Covid makes me understand how lucky we are in New Zealand. India is in a very bad way and Sydney and Fiji causing concern. Bill will be pleased to know [the situation in India is changing](#).

### DELHI CASES DROP AFTER IVERMECTIN ADDED

Just three weeks after adding Ivermectin, Delhi now leads India out of the deadly second surge of the COVID pandemic. Cases that had peaked at 28,395 on April 20 plummeted nearly 80% to just 6,430 on May 15. Deaths peaked May 4, and now they are also down 25%.

On May 10, the Indian State of Goa adopted an even more ambitious policy of preemptive Ivermectin for all adults in the state. The Chief Minister of Goa is Dr. Pramod Sawant, a progressive 49-year-old physician persuaded by science. In particular, he read Dr. Pierre Kory's and Dr. Andrew Hill's robust meta-analyses. As a direct result, Goa has seen a drop in cases from 3,124 the day after the announcement to 1,314 five days later.

Meanwhile, three other Indian states have followed Goa's lead in adding Ivermectin: Uttarkhand, Karnataka, and Uttar Pradesh. And, as expected, they have seen a drop in new daily cases as well, with Uttar Pradesh down nearly 75% from a peak of 37,944 just four days after they began following the April 20 AIIMS guidance to just 10,505 on May 16.

The tragic story in all this is that the Indian state of Tamil Nadu installed a new leader on May 7, 2021. He suddenly reversed their state's decision to adopt Ivermectin. Readers of my book all know about Peruvian President Sagasti's fateful decision to outlaw Ivermectin. Before taking power, the COVID deaths had dropped 14 fold to almost nothing with Ivermectin use. However after Sagasti was elected, Ivermectin was stopped, and deaths roared back at 13 fold.

Peru paid the price in skyrocketing cases and 78,000 preventable deaths. Tamil Nadu's Chief Minister, MK Stalin, also chose to forgo Ivermectin. Instead, he ordered tens of thousands of doses of Remdesivir, a drug that sells for 3,000 dollars per dose. So now Tamil Nadu's cases are rocketing as well.

In contrast to Goa's young physician Chief Minister who had read the latest science on Ivermectin's dramatic effect on reducing COVID death, MK Stalin is a 68-year-old non-physician socialist and atheist who is towing the party line by forbidding Ivermectin.

Stalin now requests allocations for some 20,000 daily doses of Remdesivir for the Tamil Nadu citizens despite the science that shows no reduction in COVID death with this drug. Remdesivir is an anti-viral agent given late in the disease, only after hospitalization when the Cytokine storm has set in and when anti-virals have lost their effectiveness.

At that later stage, steroids, anticoagulants, and oxygen are crucially important. Also, Ivermectin has shown a remarkable ability to reduce inflammation at that stage, with some being liberated from the ventilator with just one dose.

Tamil Nadu cases have continued to rise from April 20 to May 15. During the same time, Delhi's cases eased 78% while Tamil Nadu's cases tripled.

Twenty thousand doses of Remdesivir cost 60 million dollars, while 20,000 doses of Ivermectin go for a few hundred. Where is a developing country getting the 60 million dollars a day to purchase the Remdesivir? Why is their leader throwing away a cheap drug, Ivermectin, that has saved lives in other countries?

### ONLINE BANKING

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

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

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

## SERVICES

### JUSTICE OF THE PEACE

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

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

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

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

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

### SENIORNET WEST AUCKLAND

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

### COMPUTER SERVICING

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

### OTHER MATTERS

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

### SUPERSENIORS

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

### QUIZ ANSWERS

- 1 Enclosed spaces
- 2 Smell
- 3 Post Traumatic Stress Disorder
- 4 Plagiarism
- 5 4/8 (i.e. 1/2 or 0.5)
- 6 Aesop
- 7 The Dam Busters
- 8 Retina, Iris, Pupil, Lens, Cortex
- 9 Red and Green

### SUPPORTERS

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





[We are all grateful for their support.](#)

***The next meeting will be on Friday 9 JULY 2021***  
*(usual time, usual place)*

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

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

John Mihaljevic (Newsletter Editor)