



REBUS CLUB OF KHANDALLAH

AFFILIATED WITH REBUS NZ INCORPORATED (www.rebus.nz)

<https://khandallahrebus.wixsite.com/khandallahrebusclub>

Newsletter

AUGUST 2025

REBUS MEETING: Friday 29th August 2025, at 10 am, Khandallah Bowling Club

Speaker: Lance Lukin from the Mission to Seafarers

The Mission to Seafarers is an organisation dedicated to caring for seafarers and their welfare. They offer practical support, emergency assistance, and a friendly welcome to seafarers who find their ship in the port of Wellington.

Short Talk: Pam Fletcher

Vote of thanks: Liz Beresford

REBUS MEETING: Friday 26th September 2025, at 10 am, Khandallah Bowling Club

Speaker: Bea Dawson, speaking on 'God, Guns and Gardens.'

The first missionaries developed the first European gardens in Northland.

Short Talk: Sharon Major

Vote of Thanks: Ros Paterson

FROM THE PRESIDENT

Well, we have had some very cold mornings with frost on neighbouring roofs, but camellias are flowering and we have our daffodils in bloom. A tulip is also about to burst open.

At the last meeting you may have heard me speak of the fusion energy research that is taking place at OpenStar Technologies in Ngauranga Gorge. A very exciting project that could produce non-polluting energy. They have agreed that a group of Rebus members could visit their workshop – a great opportunity. I will talk about this at our August meeting.

Rebus members sometimes need the services of a Justice of the Peace. If you are a JP, or you know of a member who is a JP, could you please contact me or Stella Thorp, or any committee member. Your availability would be really helpful on occasions.

In the meantime, keep warm.

See you all on August 29th.

Michael

FOR THE RECORD

There were 70 members present at our 25th July meeting, plus one visitor on his second visit. There were 20 apologies, and 14 members were silent.

Please remember for the upcoming meeting:

- **Nametag** – please wear it.
- **Apologies** – to Vice President Sharon Major, Phone 479-5104
Or email: sharonmajor.nz@gmail.com
- Sharon welcomes advance notice of any visitors to our meetings.
- If you have not already done so, could you please write on the back of your nametag a **contact name, address, and phone number**, to be used in any emergency. New nametags come with a slip with lines on the back, but older cards are without this.

UP COMING EVENTS

Theatre Visits - Bookings for two events.

“A Ghost Story”

Assuming enough people are interested, there will be a visit to “A Ghost Story” on **Wednesday, 8th October** at 6.30 pm, at Circa 1. Tickets \$40. Peter will be taking names at the August REBUS meeting.

In a newly gentrified part of London, a couple are renovating. But something strange and frightening can be heard at the same time every night. Jenny has become convinced the house is haunted. Husband Sam isn't having a bar of it. Tension builds throughout a housewarming dinner with friends as the clock ticks closer to 2:22... when the shocking truth will be revealed.

A Ghost Story premiered in London's West End in 2021, directed by Matthew Dunster – going on to win Best New Play at the 2022 WhatsOnStage Awards, and nominated for Best New Play at the Olivier Awards. Cast of not less than four.

“Monument”

At the August and September REBUS meetings Peter will be taking names for “Monument” on **Wednesday, 5th November** at 7.30 pm, at Circa 2. Tickets \$40.

“Edith Aldridge is the youngest woman to be elected leader of her country. In a lush presidential suite, she has just ninety minutes to get ready for the most monumental day of her life. But things are not going to plan. Due to heavy fog, her team is stuck in another city. Enter Rosie, a twenty-two year old. makeup artist from the David Jones counter, is sent at the last minute to help Edith get camera ready. From very different worlds, these two women, though face to face, do not see eye to eye in this provocative, slick and funny play that is “sparkling fresh and urgently of the now.”

Peter Clemerson

Lunch Group – Next Outing

Our next **Rebus lunch outing** will be on Wednesday 27th August 2025, to **The Featherston Tavern**, situated at c/nr Featherston & Johnston Streets. We have a table booked for 12.30 pm. A really good atmosphere inside with nice gas fire to make it feel warm and cosy.

For those using bus public transport, alight at the old Kirks stop in Lambton Quay and walk thru one block down Johnston Street to Featherston Street.

Please let me know if you would like to join the group for this outing. Do hope you can join us for an enjoyable pub lunch. raey@xtra.co.nz

Raey Butterworth

Planes, Trains and Automobiles – Next Meeting

The **next meeting of the group** will be **Thursday September 11th** as I will be away for August. This group has discussions pertaining to planes, trains and automobiles and associated visits.

Anybody who may be interested in the group can email Harry at hdfriedlander@gmail.com

Harry Friedlander

REPORTS

REBUS Meeting 25th July 2025 - Guest Speaker – Brooke Fryer



Brooke Fryer is the Communications and Marketing Leader for WELLfed, which has been “nourishing communities through food and connections since 2016”.

Brooke was supported by Rachel Dick, who is the Logistics Co-ordinator for WELLfed – and together they gave a very cheerful and inspiring presentation on the WELLfed charity, which has operated in Cannons Creek since 2016. It serves families through food skills training, garden programmes, and wraparound support services.

It all started when Kim helped someone learn to make muffins. This quickly became a muffin making mania – and Kim realised people needed help to learn how to cook real food. The programme began with eight members at Holy Family school hall in Cannons Creek.

Early in 2019 they moved to an old bowling club on Hampshire Street, with the beer chiller transformed into Rachel's “office”. As most of the students are young, with young children, they have a childcare area to make it easier for students to participate.

Now 90% of the tutors are graduates of the programme, with 23 staff totalling 12 full-time equivalent positions.

WELLfed achieves an 85% success rate with learners moving into work or study, and won New Zealand Gardener of the Year 2023 from NZ Gardener magazine.

Cooking classes and food skills training – learning in a fun, safe place

- WELLfed runs eight cooking and food skills training classes weekly, with 12 students in each class. Students attend one cooking class a week for two terms. (16 weeks).
- Classes teach basic skills like knife safety, proper pasta cooking, and recipe reading: developing numeracy and literacy skills along with increasing social confidence in a safe – and happy – space.
- Students make meals and baking weekly (this week: quiche and pikelets) and take food home – what they've cooked plus packs of fresh fruit and vegetables – including Rescue food from Kaibosh and Kiwi Community Assistance.
- Students also receive packs of basic cooking equipment and pantry items, so they can continue to cook at home with whānau.

The garden programme started in 2018 on the former bowling green – a grass and weed wilderness. It is now a flourishing and productive garden, well tended by helpers and volunteers, including groups from local schools. It created 12 cubic metres of rich compost last term – from shredded paper, cardboard, arbourist mulch, cocoa husks from Whittakers, food scraps from cafes. **WELLfed Plus** provides wraparound support services – workshops in first aid, communication skills, interview skills, time management, and parenting. It provides CV writing assistance, goal setting plans, and driver's license support.

A new **diabetes programme** achieved 54 kilos collective weight loss and 50+ centimetres waist reduction in 8 weeks. This programme specifically addresses the needs of Māori and Pacific communities who are over-represented in diabetes statistics. The **youth programme** achieves 80% success rate returning disengaged students to active school participation. WELLfed currently has a waitlist and operates primarily on government contracts, with grants and fundraising making up the rest. Funding challenges include primarily 1-year contracts making long-term planning difficult. WELLfed is a registered charity. If you would like to help or find out more, check out the splendid WELLfed website: www.wellfed.kiwi

Sharon Major

Short Talk Speaker: Ross Fletcher

Ross Fletcher has lived in the Wellington area all his life, except for the first eighteen years close by at Pukerua Bay, before returning to the family home in Khandallah while he studied at Victoria University. He worked for a year or two at the Ministry of Works but in 1972 Ross chose to work in a laboratory, which led to 38 years in the DSIR Chemistry Division at Gracefield. Ross was an analyst in the Cement and Concrete section. In 1975 he met his future wife on a blind date – and we are expecting to hear from her at our August meeting.

Ross's main job was measuring the composition of cement to keep the suppliers honest, but he seldom found any problems. He conceded that concrete is boring – until it fails. And the main reasons concrete fails? Not enough cement; too much water; failing to add the correct additive. And of course from inadvertent contamination – such as salt in the sand, or workers tossing sugary coffee dregs onto gravel pile.

In 1982 a machine replaced human input into cement analysis, and in 1984 the Labour Government decreed that industry had to pay for any failure investigations. Previously it was free.

The commercialisation of science was very challenging. In 1992 the DSIR was dismantled into Crown Research Institutes, and Ross became part of Industrial Research Limited. Some good research was done through the 1990's, and Ross got his name on a patent for a new road surfacing material. There was also work for dairy factories, where the cleaning regime to remove milk residues was causing the ceramic pipework to fail.

The 2000's were not so good, with many changes of management. Ross retired early in 2010, and two years later the whole group he worked with was disbanded.

Sharon Major



GROUP ACTIVITIES

Please contact the group co-ordinator if you would like to join one of our groups. Photos of group activities and a timetable of when each group meets are on our website (under Interest Groups).

Walking Group



There was no Goldcard walk this month but the accompanying photo is evidence that the walking group folk are feeling cabin fever as they enjoy a beverage at the end of another arduous weekly walk around the block, despite inclement weather. The staff at the preferred cafe prepare 'our' table and turn heaters on, so in some cases the beanies have been discarded.

A list of suggested potential Goldcard outings has been collated and we hope to be back utilising public transport next month.

Bernie Brown

Dine Out Group

A good number of our Dinner Group 1 ventured north to Aotea for our get together earlier this month. We all had a great evening at Sushil's Musclechef and Kitchen. The restaurant was full, with many diners enjoying a Visa Wellington on a Plate special burger offering!! All the food was delicious with lots of Indian influence and, as always, the company very congenial.

Our next dining experience early in September will be at Chouchou - the French restaurant attached to Circa Theatre.

Judith Littlejohn

Garden Group

The Garden Group had a great turnout on an extremely cold and miserable day this month in the Khandallah Town Hall. Two members of the group (Sandi Hurnard and Judy Barker) organised two really interesting women to come and speak to us.

Jane Humble has become a Botanic artist since retirement and she took us through the achievements of world-renowned Botanic artists who paint and draw plants and flowers. This entails hours of detailed and absorbing work and to be officially recognised these paintings need to identify the plants in their true form.

Claire Gleeson is a social historian who spoke about the book she has written called "The Fairer Side of Buxton: Alfred Buxton's Gardens and the Women Who Loved Them." A really enlightening look at Alfred Buxton who was responsible for the establishment of architectural landscaping of New Zealand in the early 20th century. A book well worth reading for its insight and photography of early pioneer days especially in rural properties.

These talks were both enlightening and fascinating. Thanks to our speakers as well as Judy and Sandi for organising them to be there.

Viv Forrest

The Woodmancote Warblers Singing Group

Thirteen Warblers (including two new prospective members) braved the cold to come out and sing in the Isherwood's' lovely warm lounge. We enjoyed singing some of our old favourites followed by a delicious afternoon tea which included a yummy Birthday cake to celebrate one of our member's 80th birthday.

Ken Nelson

ROMEOS (REBUS Old Men Eating Out) Lunch Group

Eleven ROMEOS met at The Sprig and Fern in Tawa for their monthly luncheon, chat and catch up. We would welcome any male REBUS members who would like to join our monthly informal get-togethers on the second Wednesday of the month. Let me know if you are interested (Ken Nelson: kwnelson21@gmail.com)

Ken Nelson

Theatre Review

On 30th July 2025 a group of REBUS members attended the performance of "The Sound Inside" by Adam Rapp.

When you are a gifted playwright, and all the big issues of life have been explored by the giants of literature, Dostoyevsky for example, where do you find a topic for a play? The answer of Adam Rapp, a prolific American playwright and novelist, is to rework the Crime and Punishment theme.

We witness the interactions of two literature obsessed characters, one a Yale professor of encyclopaedic learning and the other an Eng. Lit. student. Bella Baird, (Dulcie Smart) frustrated at her lack of success as a novelist, but universally respected as an academic, meets Christopher Dunn, (Kieran Charnock) the would-be novelist, rebellious to the point of weirdness, occasionally enraged almost to violence. In class and in Baird's modest accommodation, they discuss Raskolnikov's murders – justified, defensible?

Among only a few, Christopher has read the professor's one published novel and we see her warm to him as he declares his admiration. In return, but conditionally, she agrees to read his novella in which his protagonist first befriends a fellow subway traveller, later axes him in the manner of Raskolnikov and then becomes a tenant in his victim's wife's house without qualm. Shocking? Grotesque? But Baird is intrigued. For her, the plot outpaces the mind of the reader and that's a virtue. And a man so absorbed by illicit death has his uses.

Diagnosed with terminal cancer, she is determined not to undergo treatment, so often in this last stage worse than the disease. Her condition for reading and commenting truthfully on his novella is that he assist her illegal suicide via a triplet of injections. With only perfunctory hesitation, he agrees and we witness stage one. However, dealing in fictional death tests no-one's ability to do so in fact. He funks the latter stages and flees. While Raskolnikov's punishment is merely exile in Siberia's freezing wastes, Dunn's is exposure to New Haven's biting frosts in an act of self-destruction.

The audience emerges puzzled. A magnificent character study? Certainly. A comment on psychological extremes? Probably. A depiction of self-discovery and resulting shame? Perhaps. Anything else? Well, yes – many questions can be posed but Rapp leaves the audience speculating as to answers.

The script takes the unusual form of narrative turn-taking by each character, interspersed with conventional dialogue, allowing the plot to move fast while providing numerous openings for rapid interchange. Despite few opportunities for spectacle, Stella Reid's production team's creativity was prominent, the background sound-track accompaniment of menacing reverberations devised by Thomas Arbor being notable. With Dulcie Smart, back in New Zealand after decades overseas, joining award winning Wellington actor Kieran Charnock, the acting was the highlight of the evening.

Peter Clemerson

Interest and Activity Groups and Co-ordinators (NV = no vacancies)

Book Group 1: NV	Geraldine George	479 0004
Book Group 2: NV	Ros Paterson	479 3131 or 021 214 7046
Craft Group	Penny Harrison	479 9302
Dinner Group 1: NV	Judith Littlejohn	027 361 3338
Dinner Group 2: NV	Jenny Middlemass	479 2638 or 021 0267 9916
French Speaking	Dawn Ferguson	dawncferguson@gmail.com
Garden Group	Viv Forrest	021 069 0397
Lunch Group	Raey Butterworth	027 342 1121
Planes, Trains & Automobiles	Harry Friedlander	021 153 2867
ROMEO Men's Lunch Group	Ken Nelson	939 9166 or 021 128 3323
Walking Group	Bernie Brown	479 2804
Woodmancote Warblers Singing	Ken Nelson	939 9166 or 021 128 3323

Office Holders

President	Michael Harrison	021 640 618
Vice President	Sharon Major	479 5104 or 021 884 611
Secretary	Stella Thorp	021 299 4052
Treasurer	David Hutton	479 1864 or 027 446 2656
Past President	Judy Whiteside	479 5051 or 027 607 5114
Speakers	Natasha Nahkies	027 240 4402
Theatre Visits	Peter Clemerson	938 5923
Organising Visits	Committee Member needed – please contact the President	
Short Talks/Votes of Thanks	Christine McKenna	021 107 1675
Newsletter	Ros Lambrechtsen	938-5911
Almoner	Ngaio Taylor	479 3183 or 021 0242 2150

Outside Committee:

Web & Communication	Heather Nelson	939 9166 or 021 205 4276
Audio Visual System	Murray Major	479 5104 or 021 881 961
Morning Tea Roster	Viv Forrest	021 069 0397