

FOCUS



2017 - ISSUE 2



Official magazine of the 60'sUp Movement NZ Inc.
www.60supmovement.org.nz

MEETINGS - VENUES & TIMES

KAMO *est. November 1998*

Venue: Kamo Club Inc., Meldrum St, Kamo.

Date: 2nd Tuesday of month 1.00 pm

Phone: 09 435 4503

Email: alijwaugh@gmail.com

WHANGAREI *est. July 1982*

Venue: Badminton Hall, Porowhini Ave, Whangarei

Date: 2nd Thursday of month 10.00 am

Phone: 09 438 3889

Email: caniw123@yahoo.com

BREAM BAY *est. May 1996*

Venue: Ruakaka Recreation Hall, Ruakaka. (Off Peter Snell Drive)

Date: 4th Friday of month, 10.00 am

Phone: 09 432 8134

Email: joymurray@xtra.co.nz

DARGAVILLE *est. December 1998*

Venue: Dargaville Rugby Club, Murdoch Street, Dargaville.

Date: 1st Tuesday of month 1.00 pm

Phone: 09 439 4560

Email: marg_pinny@xtra.co.nz.

BIRKENHEAD *est. April 1990*

Venue: Cedar Anglican Church, 56a Tramway Rd, Beachhaven

Date: 2nd Tuesday of month, 10.00 am

Phone: 09 483 6273

Email: kathwright1946@gmail.com

BROWNS BAY *est. February 1988*

Venue: Progress Hall, Anzac Road,

Date: 10 am, 4th Monday of the month

Phone: 09 444 0236

Email: joyhayson@xtra.co.nz

DEVONPORT

Venue: Trinity Hall, Church Street, Devonport

Date: 2nd Tuesday of month 10.00 am

Phone: 09 445 1598

Email: gema@slingshot.co.nz

GLENFIELD *est. 1990*

Venue: Glenfield Leisure Centre, Glenfield.

Date: 1st Monday of month 1.30 pm (2nd Monday if 1st is holiday).

Phone: 09 444 8983

Email: nanlyn10@xtra.co.nz

HIBISCUS COAST *est. June 1986*

Venue: Hibiscus Coast RSA 43a Vipond Rd, Stanmore Bay, Whangarapaoa

Date: 3rd Wednesday of month 10.00am

Phone: 09 421 1011

Email: secquill@xtra.co.nz

NORTHCOTE

Venue: Northcote Citizens Hall, Ernie Mays Street, Northcote

Date: 1st Friday of month 10.00 am

Phone: 09 480 0043

Email: patriciavercoe@yahoo.co.uk

PAKURANGA *est. November 1983*

Venue: Te Tuhi 13, Reeves Road, Pakuranga

Date: 2nd Tuesday of month 10.00 am

Phone: 09 576 7661

Email: maureenandjohn1@gmail.com

PUKEKOHE *est. September 1996*

Venue: Pukekohe Town Hall, Massey Ave, Pukekohe.

Date: 2nd Wednesday of month 10.30 am

Phone: 09 947 7590

Email: clmawilson@gmail.com

SOUTH AUCKLAND *est. May 1989*

Venue: Manurewa Methodist Church Lounge, Alfriston Road, Manurewa

Date: 1st Wednesday of month 10. am.

Phone: 09 266 6860

Email: wlevin@xtra.co.nz

TAKAPUNA *est. June 1983*

Venue: Methodist Church Hall, Cnr Tennyson Ave & Lake Rd, Takapuna.

Date: 3rd Thursday of month 10 am - 12.00 noon monthly meeting.

Phone: 09 413 6562

Email: utting2@xtra.co.nz

TORBAY

Venue: Torbay Community Hall, Beach Road, Torbay.

Date: 2nd Tuesday of month 1.00 pm

Phone: 09 479 8159

Email: josette.westcott@ihug.co.nz

WEST AUCKLAND *est. July 1982*

Venue: New Lynn Friendship Club Inc, 3063 Great North Rd, New Lynn.

Date: 4th Saturday of the month at 10.00 am

Phone: 09 827 7262

Email: gill.a@xtra.co.nz

MATAMATA *est. April 2010*

Venue: Anglican Church Lounge, Hohaia Street, Matamata

Date: 2nd Monday of month 1.30pm

Phone: 07 888 8724

Email: macsi@xtra.co.nz

continues on inside back cover

The Movement established in 1982, is an organisation for anyone who is interested in the enjoyment of life for the older person. Our aim is to help them remain active, lively, contributing members of their local community. We are independent of any political party, religion, trade union, or any other organisation

NATIONAL EXECUTIVE 2016/17

Patron: Bob Fulcher

National President: Invercargill Liaison

Neil Todd 50 Marsden Point Rd, Ruakaka, Northland 0116
Bream Bay Branch Phone 09 433 0454
Email corkee@xtra.co.nz

National Vice President: Northland Liaison, Badges

Alison Waugh 1/56 Clark Road Kamo, Whangarei 0112
Kamo Branch Phone 09 435 4503
Email alijwaugh@gmail.com

National Secretary: Hastings, Central Liaison

Maureen Moody 117/45 Reed St, Whangarei 0112
Bream Bay Branch Phone 09 435 9317, 027 288 5203
Email nannmoody@gmail.com

National Treasurer: Brown's Bay, Torbay, Hibiscus Coast, Takapuna Liaison

Elaine Utting 21 Durbin Court, Greenhithe, 0632
Takapuna Branch Phone 09 413 6562
Email Utting2@xtra.co.nz.

Privacy Officer: South/West Auckland Liaison

Maureen Wilson 20E Madill Street, Tuakau 2121
Pukekohe Branch Phone 09 947 7590
Email clmawilson@gmail.com

Hutt Valley Liaison

John Hobbs 73 Wise Street, Wainuiomata 5014
Wainuiomata Branch Phone 04 971 8835
Email john.hobbs5430@clear.net.nz

Birkenhead, Devonport, Glenfield, Northcote Liaison

Ray Cordell 18 Liverpool Street, Tuakau, 2121
Pukekohe Branch Phone 09 236 8673
Email anrray@gmail.com

Papamoa, Taupo Liaison

Peter Powley 45 Oriental Parade, Papamoa Beach, 3118
Papamoa Branch Phone 07 572 3095
Email peter.holly@btinternet.com

Cambridge, Matamata, Te Awamutu Liaison

John Taylor 267 Rutherford Street, Te Awamutu 3800
Te Awamutu Branch Phone 021 175 3006
Email jtandshar@hotmail.co.nz

Webmaster - Ian Kenney Email info@60supmovement.org.nz

Focus - Jacqui Prior Email priorjacqui@gmail.com

PRESIDENTS REPORT

Well, the weather in our Winterless North has me shivering. Perhaps you too are by the heater waiting for the summer to arrive.

I was unable to attend our Conference, this year, due to a problem with my health however with a pacemaker fitted, I am on my way to recovery and glad for the help I received from the Medical Fraternity.

I thank all those Members who attended the Conference and my thanks to Alison, Maureen, and Elaine whom made the Conference a success. My thanks also to those who assisted in the running of the Conference. I welcome Peter Powley and Ray Cordell to the National Executive Committee and Look forward to their contribution and input to the meetings.

Paul Logan and Noeline Martin chose not to seek re-election and I thank them for the contribution they have given as Executive Members and the active part they took in their local Branches.

In recognition of Paul Logan's service, the National Executive recommended National Life Membership of the 60sUp Movement of NZ be granted to him and I congratulate Paul for the service and support he has give to 60sUp.

The feed back I am receiving re Branches indicates membership, in some cases, is growing and that members are enjoying the activities of the branches and I thank the committees and those who are taking an active part in providing branch enjoyment.

I thank all the members and branches who sent their regards and support for my recovery.

At 10.00am, the time the Conference Meeting started, I was waiting to be operated on and tossing up which was the place I wanted to be, on the operation table or the conference stage, as both were scary. My thanks again to the Executive which did a great job and to members who attended the conference. Coral and I Look forward to the year ahead and catching up with you all again. Take care and remember, every moment is precious.

Neil Todd - National President

Smiling is contagious; just smile at someone and see their reaction.

60SUP MOVEMENT OF NZ CONFERENCE

Hamilton. Sunday 18th – Tuesday. 20th June. 2017.

Hamilton Airport Hotel served us well as a conference venue. Helpful friendly staff, very good conference room, comfortable bedrooms, very good food. Joy Adams a great fun entertainer.

78 members attended. 20 Branches were represented.

Deputy Mayor of Waipa District Council Grahame Weber made a great welcoming speech with lots of local information. The two day AGM and conference event came together really well, nice afternoon tea for registration. We have had great feedback, regarding the hotel, the food and the entertainer. We soon forgot the initial problems when all the rooms were not ready.

The bus trip was well received by the 44 members who joined in. The cows in Morrinsville are a must see, The Firth Tower and Museum interesting, really nice lunch at Okoroire Hotel, then that fascinating visit to the Avanti cycle & sports centre in Cambridge.

Many thanks to all those members who supported us in our efforts to produce that important and necessary conference without our President who spent the time in hospital. Neil is now home and improving daily.

Maureen Moody and Alison Waugh



From top to bottom - Firth Tower & Museum at Matamata, Giant cow in Morrinsville and Maureen & Alison, Conference Convenors

EDITORIAL

Hi Everyone - I hope that you have all been able to keep yourselves warm and dry during this cooler winter weather and you are not letting it stop you from enjoying your various branch activities.

There have been a lot of interesting contributions to the 'Focus' this time. Many thanks to all who sent them. Please keep them coming in.

In this issue we have a Conference Report, which was voted a huge success by those that attended, and items from Petre, Takapuna, Cambridge and Wainuiomata. In addition, we have articles on Home Safety, Food Storage, How to Bake a Perfect Banana Cake and an intriguing article on growing Wiser as you Grow Older.

There should be something here for everyone, but please let me know if you would like any other articles of special interest.

Finally, I know that all of you will join with me in wishing National President, Neil, a speedy recovery from his recent operation and hope that he will be feeling his normal self very soon.

Jacqui Prior - Focus Editor



The Blonde Joke to end all Blonde Jokes

A blonde woman was speeding down the road in her little red sports car and was pulled over by a woman police officer, who was also a blonde.

The blonde cop asked to see the blonde driver's license. She dug through her handbag and was getting progressively more agitated.

"What does it look like?" she finally asked.

The policewoman replied, "It's square and it has your picture on it."

The driver finally found a square mirror in her handbag, looked at it and handed it to the policewoman. "Here it is," she said.

The blonde officer looked at the mirror, then handed it back saying "OK, you can go. I didn't realise you were a cop..."



Correction to the last issue of Focus - Janet Flavell of Hibiscus Coast Branch had her last name misspelt, it should have been Flavell not Favell. My apologies for any inconvenience caused.

TAKAPUNA BRANCH



*Photographs
from our thirty-
fourth birthday
celebrations.
Peter Robinson and
Elizabeth Tunney
(our Vice President)
are cutting the
celebration cake.*

*and no, we're not in
any sort of trouble,
the policeman,
Andrew Young, who
is the Takapuna
Community
Constable, kindly
came to give us a talk
on 'Safety for the
Elderly' and how to
avoid scams etc.*



For Report & Photos of the recent National AGM/Conference in Hamilton - www.60supmovement.org.nz

For Report & Photos of the 'Top of the South' Tour as well as the Itinerary, Booking & Options Forms the 'Tour Central' 2018 - www.60supmovement.org/hastings

BANANA CAKE

Here is our true n' tested Kiwi recipe:

INGREDIENTS:

<i>125g butter, softened</i>	<i>1/4 teaspoon cinnamon</i>
<i>200 g raw sugar</i>	<i>3/4 tsp bicarbonate of soda</i>
<i>2 eggs</i>	<i>2 Tbsp warmed milk</i>
<i>Three mashed bananas</i>	<i>1 1/2 cup plain flour</i>
<i>1 tsp natural vanilla essence</i>	<i>1 tsp baking powder</i>

METHOD:

Preheat the oven to 180°C. Grease the inside of a 20cm deep round cake tin and line the base with baking paper.

Gently mix the butter and sugar until light and fluffy.

Add the eggs one at a time, beating well after each addition. Don't overdo it.

Add the mashed banana and mix.

Stir the baking soda into the warmed (not hot) milk and add to creamed mixture.

Sift the dry ingredients together and fold through the creamed mixture. Be sure to measure this quantity precisely.

Scoop the mixture into the prepared tin, level, and bake for one hour or until cake springs back when lightly touched. This timing depends on the even heat provided by your oven, so some ovens might take 50 minutes. Keep an eye on it!

Leave the cake in the tin for 15 minutes before placing on a wire rack to cool.

Top with your favourite icing, we like a Lemony Cream Cheese one.

Enjoy!

borrowed from 'GrownUps Web Page



SUBJECT: HEALTH ISSUES

Do you have feelings of inadequacy?

Do you suffer from shyness?

Do you sometimes wish you were more assertive?

If you answered 'yes' to any of these questions, ask your doctor or pharmacist about - Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living.

Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it. However, women who wouldn't mind nursing, or becoming pregnant, are encouraged to try it.

Side effects may include: Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, loss of virginity, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night rounds of Strip Poker, Truth Or Dare, and Naked Twister.

Warnings:

The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.

The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.

The consumption of Cabernet Sauvignon may cause you to think you can sing.

The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

Please feel free to share this important information with as many people as you feel may benefit!

Now just imagine what you could achieve with a good Shiraz or Merlot...Live the dream! -

LIFE IS A CABERNET OLD CHUM!

FOOD STORAGE

Collectively, Kiwi households are throwing away more than 47,000 tonnes of vegetables a year, contributing to “almost a third of food wasted by New Zealand households, mainly due to their short shelf life,” says Dr Miranda Miroso from the University of Otago.

In an effort to help combat this huge amount of waste, the university has partnered with the Love Food Hate Waste campaign, conducting research to find the best home storage methods to give produce a longer shelf life.

Here are some of the findings which reveal easy methods to make your produce last, in some cases, up to 10 times longer.

Salad greens - Possibly the most infuriating of fresh produce, how many times have you had to throw out a bag of mesclun because it's rotted before you've been able to use it all? According to the research, you can make your salad greens last up to two days longer by placing them in an airtight container instead of leaving them in the bag they were purchased in.

Avocado - Wrapping a cut avocado in cling wrap, forming a tight seal around it, is enough to make it last four times longer than if it was left uncovered. Brushing the flesh of an avocado with lemon juice or olive oil was proven to make the avocado deteriorate faster, rather than last longer, as is commonly thought.

Carrots - Carrots were found to last 10 times longer when they were stored in an airtight container lined with a paper towel, rather than left loose in the fridge.

Celery and iceberg lettuce - Both celery and iceberg lettuce can be wrapped in a paper towel and then stored in a ziplock bag. This will give them a couple of extra days of freshness. However, iceberg lettuce lasted longest when placed in a lettuce crisper (a plastic container with an insert that elevates the lettuce from the base of the container). It can last up to four weeks! Treat cut celery like carrots.

Pumpkin - To make pumpkin last longer, wrap it tightly in cling wrap. The research also showed that it makes no difference if the seeds are left in or out if you're storing it in this way. Storing cut pumpkin correctly could make it last twice as long.

Broccoli - The most successful method of preserving a head of broccoli is to sprinkle it with water (run it under the tap then shake the excess water off) wrap it in paper towels and then store it in the fridge in a ziplock bag.



I want to die peacefully in my sleep, like my grandfather . . . not screaming and yelling like the passengers on his bus
- Anonymous

A Canadian psychologist is selling a video that teaches you how to test your dog's IQ. Here's how it works: If you spend \$12.99 for the video, your dog is smarter than you
- Jay Leno



OLDER AND WISER?

In the developed world we are at a stage where it will be possible, for the first time in history, to have a greater balance of wisdom. Partly this is due to the rapidly ageing population and partly to the accessibility of information, experience and ideas from the World Wide Web.

The possibilities are incredible but if we are not prepared to take personal responsibility the future could be grim. This is the choice we all face. Personally, I want to campaign for a wiser world and that means encouraging more people to become wise with age.

Character trait - Wisdom is that character trait which enables us to integrate years of knowledge and experience with sound judgment and compassion in context. It is the ability to do the right thing in each situation for the right reasons.

Association with age - Wisdom has always been associated with age. Elkhonan Goldberg (the internationally renowned doctor, known for his clinical work, research, writings and teaching in neuropsychology and cognitive neuroscience) claims that this is because our brains mature into an interconnected whole around a series of 'attractors' (points of common reference) around the age of 45.

If the mid 40's is the age at which the brain can develop wisdom, it is no surprise that historical events and lifestyles appeared to be brutal rather than wise. In times when people died very young (Joan of Arc at 19 and General Woolf at the age of 32) society was dominated by people who could not have reached wisdom. Our sad reflection on the barbarity of human nature could simply have been a lack of balance between young and old. Now that balance is shifting we have more chance of fulfilling our potential as a wise species.

Does this mean that an older population will automatically be wise? - Not necessarily; an increasing percentage of those over 65 may develop dementia of some sort (Alzheimer's, Parkinson's, etc) or not develop wisdom at all – so there are two imperatives here:

Firstly, we need to encourage as many people as possible to maintain their brains for the future so that dementia is at best reduced and at worst, compensated for (there is evidence that this is achievable through physical, emotional and mental exercise). There are also hopeful research projects underway for new treatments.

Secondly, we must raise awareness and change perceptions of what it is to be 'old'. Wisdom is a hard-earned state of mind that requires

practice over time. For those without dementia, the intent to build a brighter brain will lead to a stronger and wiser mind. If the brain is neglected, like any other part of the body, it will deteriorate; if it is used properly it will build capability. Use it or lose it.

It is the only organ we have that can become stronger by losing something. It continues prune its connections throughout life and if we direct that process it can lead to wisdom. If we leave pruning to chance, anything that we neglect will be pruned and those things that we regularly say, think or do will become our new mind.

Our brain will go into auto pilot and prune connections for us very easily – but its default settings might not create the results we would like. In many older people this becomes what someone once referred to as ‘hardening of the categories’. We all know older people who have fixed ideas, or have become more negative as they age. We get more like ourselves as we age if left to our brain.

However, others have become great minds in old age such as Nelson Mandela (president of SA at the age of 76), Gaudi (his greatest work – the Sagrada Familia cathedral in Barcelona – underway when he died in a car accident at 74), Golda Meir (assumed leadership of Israel at the age of 71), or Goethe the great German writer (published the first part of Faust at 59 and the second at 83).

So, for the majority of us, we have a choice as we age. Take control of our destiny and become wiser or leave it to chance and deteriorate. Deterioration is not necessarily inevitable, even if genetically inherited. The brain is constantly being created – until the time we die. The question is, are we in control of that creative process?

We can't control the world, but each of us can influence our own future. Here are some of the actions to make a wiser society more likely:

We Baby Boomers must take responsibility for maintaining and building our brains. Don't let your brain control your mind!

We must find ways to work with other generations – at different stages of development – combine the advantages of wisdom as well as the energy and inquisitiveness of youth.

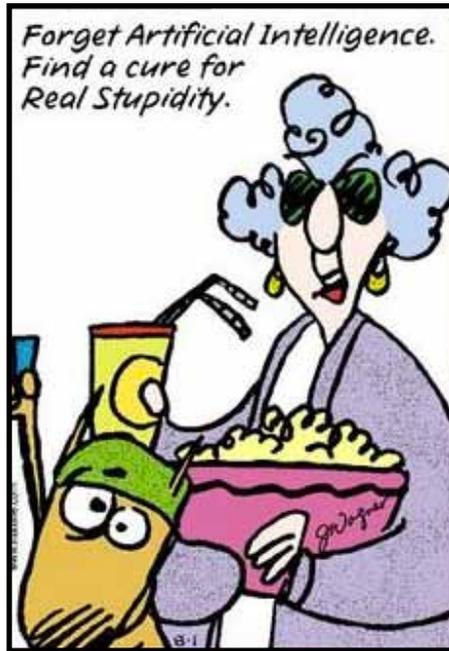
We should offer opportunities for people to learn about maintaining their brain and developing a wise mind.

We need to become part of the solution not the problem- tell others and support neurological research projects

We are on the cusp of a better world – but it cannot develop using the rules and thinking of the past. We should not watch the population ageing without taking the opportunity of increasing the number of older people who have wisdom. If we do this we will also influence the future for good.

By Janis Grummitt – Workplace Wisdom

Janis is the founder of the Wise Society movement. She also runs workshops on building wisdom and improving thinking.



DID YOU KNOW?

The longest word you can spell without repeating letters is:
uncopyrightable

The longest word with just one vowel is: *strengths*

The shortest -ology (study of) word is *oology*. (The study of eggs)

supplied by Torbay Branch

CAMBRIDGE BRANCH

Glenbrook Vintage Railway and Lunch at Waiuku Cossie Club

A Sunny Sunday 60sUp bus trip - a treat to remember.

Don (tour master - aka yarn spinner) along with Robert (bus driver) and Faye (hostess) led fifty-three members on a great, fun-filled, tiki-tour type trip towards Waiuku.

Noon stop was at Waiuku Cosmopolitan Club where we were served yummy gourmet food, including apple pie and cream. Excellent!

At 2.30pm - a big 'whoopie' as the vintage steam train whistled its way around the corner. We were off now, on the scenic nostalgic journey to Glenbrook station and workshop. Once there, Matt, the engine driver, his young guardsmen and engineers, proudly talked of the forty year anniversary and activities. Two new boilers have recently been fitted to favourite steamers 'Tainui' and 'Tao Rae'.

It was good to see so many passengers encouraging their young children take an interest in the machinery. And, of course the kids begged mug shots of themselves on the engines. The journey home included another big stop at Pokeno for their famous jumbo icecream.

A wonderful complement to a very happy outing

Jean Brocklebank - Cambridge Branch



WAINUIOMATA BRANCH

*As I am the oldest here I wrote this little ditty
On behalf of all our members to thank our committee,
For all the organization, all well done
To make sure we all have lots of fun.
Twice a month we have a meeting with only a dollar to pay
What a bargain, entertainments, tea, coffee and biscuits, and
another happy day,
We should also thank our ladies who make our coffee & tea,
And do the washing up, all for you and me.
Congratulations Elma its very very plain,
We wanted you as President for another year again.*

Dorothy Reuscher - Wainuiomata Branch

HOW SAFE IS YOUR HOME?

You may know your home like the back of your hand, but the things you see every day could be potential hazards that can lead to a fall. The risk of falling does increase with age, but the good news is, you can do something about it.

Sit down with a family member or friend and go through this simple list as a room-by-room check of your home and garden.

Remember to make a note of anything that might need to be fixed or changed. If you're still unsure about what needs to be done, get advice from family, friends or your health professional.

Potential trip hazards throughout your home:

Do your carpets or rugs lie flat, without frayed corners or rolled up edges?

Are your rugs non-slip (with a rubber back) or secured to the floor?

Is the furniture arranged to provide clear walkways?

Are all your walkways clear of clutter (e.g. newspapers, boxes, shoes)?

Are electrical cords and wires kept away from walkways or taped down?

Living areas:

Is your lounge chair easy to get out of?

Can you reach the telephone easily from your lounge chair?

Bathroom and toilet:

Can you get on and off the toilet easily?

Can you get in and out of the bath or shower without holding onto towel rails or taps?

Are there handrails in the bath and shower?

Can you reach your soap, shampoo and towel easily?

Is your soap in a soap dish?

Do you have a bathmat or non-slip surface next to your shower or bath?

Bedroom:

Can you get in and out of bed easily?

Can you reach a light switch or your glasses easily from bed?

Do you have a telephone in the bedroom?

Are electrical cords, including those for the electric blanket, out of

your way?

Do you have enough lighting to see your way to the toilet in the night?

Kitchen:

Do you have a mop to clean up spills as they happen?

Can you reach the kitchen items you use regularly without having to stretch or bend too far?

Stairs and hallways:

Are the stairs well lit?

Do you have handrails, and are they secure and easy to reach?

Do the stairs have non-skid treads or non-slip coverings?

Outside your home:

Do steps have a sturdy easy-to- grip handrail?

Are step edges clearly marked – e.g. with white paint?

Is the footpath in good repair and well-lit at night?

Do potentially icy footpaths have handrails or sand/salt on them to reduce the chance of slipping?

Personal safety:

Do your slippers fit well and have non-slip soles?

Do your shoes have low, flat heels?

Do you have your vision checked regularly?

Do you have regular check-ups with your doctor?

This list is a great starting point to ensure that your home is as safe as possible, but remember you can also help avoid falls by keeping fit - to improve your coordination and balance - and by trying not to rush.

For more information on keeping your home safe, call 0800 101 996 or visit www.acc.co.nz

borrowed from the ACC web page



PETRE BRANCH

In January each year, as there is no meeting, we hold a picnic. This year's destination was a mystery. On boarding the bus, the members were asked to guess, firstly if we were going North or South and secondly how far was the destination. One lady guessed both directions and kms correctly and won a small prize. We headed North to Waitotara to a place called Ashley Park where the members could wander at will and eat their picnic lunch. The Park has a few farm animals, a lakeside walk, a museum, which is divided into rooms, featuring many things we knew.

You could also play mini golf or swim in the pool, but the weather did not allow for this.

From here, we visited a private garden also with a lake walk, before returning home.

Our next outing was 9th April to the Sanson Markets. I think everyone was surprised by the array of stalls here, something for everyone. Back to Bulls for lunch in the Rat Hole - yes that is what it is called. Next stop Cooks Cottage in Marton township, nothing to do with Captain Cook, but named after a farming family who shifted into town. There were four buildings, one had been a jail and one contained a wagon, one of the two wagons which bought this family of seven children and parents up the coast to settle here.

The historical Society which manages the Cottage provided our group with a welcome cuppa.



*This is a tale of Pat
Who didn't look where she sat
She plonked herself among ducks poo
Which then clung to her pants like glue
After making this discovery
She sponged it off as a recovery
But alas her pride was dented
So a cardigan flap was invented.*

Jean Watson - Petre Branch

PAPAMOA *est. June 2011*

Venue: Papamoa Sport & Recreation Centre,
Gordon Spratt Reserve, Parton Rd Papamoa.
Date: 1st Saturday of each month 12 noon.
Phone: 07 542 3373
Email: mariejbkevinjb@gmail.com

CAMBRIDGE

Venue: Christian Centre, Raleigh Street,
Leamington.
Date: 1st Tuesday of month 12.15 pm
Phone: 07 827 3344
Email: val.massey@vodafone.co.nz

EAST CAMBRIDGE

Venue: Committee room Waipa District
Council, Wilson Street Cambridge
Date: Second Saturday of month 12.30pm
Phone: 022 0696 891
Email: bljackson156@gmail.com

TE AWAMUTU *est. September 2008*

Venue: Waipa Workingmens Club 139 Albert
Park Drive, Te Awamutu
Date: 3 Friday of month at 10.30 am
Phone: 07 871 5072
Email: jmloomans@clear.net.nz

TAUPO

Venue: Varied locations, please inquire.
Date: 2nd and 4th Monday at varied times,
please inquire.
Phone: 07 378 2839
Email: gklb@xtra.co.nz

HASTINGS *est. 26th June 1990*

Venue: St Marks Church Hall, Queen St
East, Hastings.
Date: 2nd Tuesday 10 am -12 noon.
Phone: 06 871 0286
Email: corbee@ihug.co.nz

WANGANUI *est. 7th February 1990*

Venue: Eulogy Lounge, Wanganui
Racecourse
Date: 1st Monday of month (except
holidays then 2nd Monday) 2.45 pm
Phone: 06 344 7238
Email: mumsocks@xtra.co.nz

PETRE *est. October 1999*

Venue: St Peters Anglican Church Hall,
Koromiko Rd, Gonville, Wanganui.
Date: 3rd Wednesday of month 2.00 pm
Phone: 06 345 7187
Email: bettymurphy41@gmail.com

FEILDING *est. October 1992*

Venue: Johnston Park Bowling Club, Drake
Street, Feilding
Date: 3rd Monday of month, 1.30 pm
Phone: 06 323 4170
Email: ireland.clan@inspire.net.nz

*from inside front cover***LEVIN** *est. April 1999*

Venue: Hudson Room, Cosmopolitan Club,
Levin.
Date: 4th Monday of month 10.00 am
Phone: 06 367 6213
Email: gwen01@xtra.co.nz

BROWN OWL *est. August 1992*

Venue: St Peter Chanel Ctr, Cnr Ferguson &
Bernadette Drive, Upper Hutt
Dates: 1st & 3rd Friday of month, 10.00 am
Phone: 04 977 9055
Email: p.wakelin@paradise.net.nz

MAIDSTONE *est. June 1997*

Venue: Hapai Club, Fergusson Drive, Upper
Hutt.
Dates: 2nd & 4th Friday of month 1.15 pm.
Phone: 04 526 9459
Email: william.panettieri@gmail.com

MOONSHINE *est. October 1998*

Venue: Masonic Lodge Hall, Islington St,
Upper Hutt.
Dates: 2nd & 4th Wednesdays of month
1.30 pm
Phone: 04 971 3213
Email: janet.islington@gmail.com

SILVERSTREAM *est. April 1990*

Venue: St Margarets Church Hall, Dunns St,
Silverstream.
Dates: 1st & 3rd Fridays of month 9.30 am
for 10.00 am
Phone: 04 526 4411
Email: bettycosslett@slingshot.co.nz

UPPER HUTT

Venue: Cossie Club, Logan Street, Upper
Hutt.
Dates: 10.00 am, 2 & 4 Fridays speaker or
entertainment
Phone: 04 528 3337
Email: s.almand@clear.net.nz

WAINUIOMATA *est. Spetember 1987*

Venue: Wainui Bush Fire Force Hall, The
Strand, Wainuiomata.
Dates: 1st & 3rd Wednesday of month 10.00
am
Phone: 04 971 4726
Email: john.hobbs5430@clear.net.nz

INVERCARGILL *est. May 1991*

Venue: Invercargill Workingmens Club, 1st
Floor, Esk Street.
Date: 2nd Monday of month, 10.00 am
Phone: 03 214 4802
Email: olive.rose@xtra.co.nz

NOTICES

*Please check to see if we have your
branch established date, if not please send to
Maureen Moody, National Secretary
as soon as possible.*

*She would like to create a birthday book
so we don't lose track
of the age of each branch*

Please send your contributions for the next issue of 'Focus',
and any comments about this issue, to:
Jacqui Prior email: priorjacqui@gmail.com
with '60sUp' in the subject line.

Text saved preferably as *plain text*, with no formatting and
photographs saved preferably as *jpgs*, please.

2018 60SUP MOVEMENT OF NZ INC. CONFERENCE & AGM

Will be held at MASTERTON, SOLWAY PARK, WAIRARAPA.

High St., Masterton. 5810

Sunday, 17th June 2018 – Tuesday, 19th June 2018.

*Branches will receive information in October/November for our 37th
AGM & Conference.*

Costs should be similar to those at Hamilton.

