

FOCUS



2018 - ISSUE 1



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 1.00pm
Phone: 09 435 4503
Email: alijwaugh@gmail.com

WHANGAREI *est. July 1982*

Venue: Badminton Hall, Porowhini Ave, Whangarei
Date: 2nd Thursday of month 10.00am
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, 10.00am
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 1.00pm
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, 10.00am
Phone: 09 483 6273
Email: kathwright1946@gmail.com

BROWNS BAY *est. February 1988*

Venue: Progress Hall, Anzac Road,
Date: 10.00am, 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 10.00am
Phone: 09 445 1598
Email: gema@slingshot.co.nz

GLENFIELD *est. 2nd April, 1990*

Venue: Glenfield Leisure Centre, Glenfield.
Date: 1st Monday of month 1.30pm (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 10.00am
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 10.00am
Phone: 09 576 7661
Email: maureenandjohn1@gmail.com

PUKEKOHE *est. September 1996*

Venue: Pukekohe Town Hall, Massey Ave, Pukekohe.
Date: 2nd Wednesday of month 10.30am
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 10.00am.
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 10.00am - 12 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 1.00pm
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 10.00am
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

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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 2/157 Kamo Rd. Kensington. Whangarei 0112
Te Awamutu Branch Phone 021 175 3006
Email johntaylor1942@outlook.com

Webmaster - Ian Kenney

Email info@60supmovement.org.nz

Focus - Jacqui Prior

Email priorjacqui@gmail.com

PRESIDENTS REPORT

Happy New Year. I wish all Branches and Members a great 2018 year with good health, lots of fun and enjoying the sharing we get from meeting together at 60sUp Branch functions.

Right now, as I write, it's blowing a gale outside and, of course, the heat and humidity makes it uncomfortable. Otherwise the days have been lovely and time spent on the beach enjoyable.

It is with sadness I note the passing of our Patron, Bob Fulcher. Bob was one of the founding Members of the 60sUp Movement and Served as National President, Vice President and supported and assisted Branches wherever he could. Bob was a real gentleman and will be sadly missed by all 60sUp members.

This year our conference is at Masterton and I look forward to sharing with members attending. Please make an effort to attend as we need to share with each other and to make friends with members from other Branches, this is a great opportunity to do that.

I urge all members to support your branch executive and to assist where you can but also to enjoy the outings, trips and meetings. Coral and I wish you all a successful year and hope to visit as many branches as we can and meet up with members. Take care and remember every day is a good day.

Cheers Neil

Neil Todd - National President



EDITORIAL

Hi there all. I hope each and everyone of you had a great Christmas holiday break and managed to keep dry and comfortable in the diverse weather that we've been experiencing lately.

In this issue we have had some interesting contributions from Matamata, Hastings, Maidstone and Papamoa along with a couple of articles that I hope you will find interesting.

Please keep them all coming in, they may not always make to the next Focus issue, depending on when I receive them but, rest assured, they will still be in the 'pipeline' for a later edition.

I wish you all a happy, healthy and safe New Year

Cheers Jacqui

Jacqui Prior - Focus Editor

MATAMATA BRANCH

A Day at the Chateau. Torrential rain had fallen Monday and Tuesday and 52 members of the Matamata 60'sUp were going for a days outing to Tongariro Chateau on the Wednesday.

All fingers were crossed as we boarded the bus for an early start on a misty morning with a stop at the Whakamaru Dam Cafe for coffee and a muffin.

The closer we got to Lake Taupo the more the weather cleared and ripples of excitement ran through the bus as tantalizing glimpses of the mountains were caught. Up onto the Central Plateau and there they were, blanketed with snow under a cloudless blue sky.

Cars were parked everywhere as people dressed in colourful ski gear clumped in their heavy ski boots to the chair lift

Alighting from the bus there were gasps as the cold air hit us, hats, scarves and gloves were quickly pulled on.

Adults and children were sliding around everywhere and we noticed that there were a number of school camps and children from Whangamata enjoying the snow instead of the surf.

With 'Proof' and a \$5.00 refundable deposit, over 70 year olds qualified for a free ride up on the chair lift. Those that didn't go up found a 'warm' room at the top of the lift down to 'Happy Valley' and watched skiers of all ages enjoying the perfect conditions.

The people that took the chair lift to the top were treated to stunning scenery and seeing all the 'snow bunnies' expertly 'shushing' down on skis and snowboards. All agreed \$70.00 would have been worth it, if we had to pay .

All too soon, the bus was back and it was time for lunch in the timeless elegance of the Chateau Tongariro - a category one Historic Building. The tables were beautifully set, crisp white table cloths, serviettes and sparkling glasses set the scene for what was to be a delicious buffet luncheon of perfectly cooked beef, yummy roast vegetables, buttered chicken with fluffy rice and various salads. Dainty meringues and delicious fruit salad completed our meal. The service was impeccable and very friendly.

As we boarded the bus to head to Taupo for an ice cream and comfort stop, the clouds began to roll round the mountain bringing a 'PERFECT' day to a close.

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Light rain started to fall and continued to get heavier over the following two days but our trip organizer had worked her magic and conjured up a day of perfection for us. Well done and thank you Shirley.

Irene Wilson - Matamata Branch



TEN DOLLARS IS 10 DOLLARS

Every year, Smitty and his wife Martha went to the State Fair. And every year, Smitty would say, "Martha, I'd like to ride in that there airplane." And every year, Martha would reply, "I know, Smitty, but that airplane ride costs ten dollars, and ten dollars is ten dollars."

This one year Smitty and Martha went to the fair and Smitty said, "Martha, I'm 71 years old. If I don't ride that airplane this year I may never get another chance. "

Martha replied, "Smitty, that there airplane ride costs ten dollars, and ten dollars is ten dollars."

The pilot overheard them and said, "Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say one word, I won't charge you, but if you say one word it's ten dollars." Smitty and Martha agreed, and up they went.

The pilot performed all kinds of twists and turns, rolls and dives, but not a word is heard. He even does a nose dive, pulling up 15 feet above the ground, but still not a word. They land and the pilot turns to Smitty, "By golly, I did everything I could think of to get you to yell out, but you didn't."

Smitty replied, "Well, I was gonna say something when Martha fell out, ...but ten dollars is ten dollars!"

HASTINGS BRANCH

Today we had our 27th Birthday meeting & a lucky draw was made for the cake cutter which was Jean Lean.

It was great to have one of our newer members carry out this task. Jean joined us in in 2015.

We also presented certificates to two Life Members, Ngaire McKAY (joined 1991) & Peg TORSTONSON (joined 1992) both had stories to tell about the Branch activities when they first joined.

There was a membership of 242 then & they needed 3 buses to go on an outing. You had to get to the meeting early to get a seat

Ngaire McKay - Hastings Branch



MAIDSTONE BRANCH

20TH BIRTHDAY JUNE, 2017

In June 1997, 100 people gathered in the small Lion King Hall, Upper Hutt to form the Maidstone branch of the 60's Up Movement. The Committee comprised of John and Shirley Hopkin and Glenise and Roy Jones amongst others. The membership quickly grew to 140 with a waiting list which forced a move to the local RSA. When the RSA closed, the branch moved to the Whakatiki Bowling Club rooms and on special occasions members from other 60'sUp branches in our area would join us.



Noeline Taylor and Gaye Jones cutting the cake

In 2012 we moved once again to the Hapai Club rooms where we are still based. Regrettably our membership has declined and we are now down to 60 members. Over the past two years we have lost 30 members, some like foundation members, John and Shirley Hopkin, have moved into retirement villages and others, including foundation members Roy Jones, a loyal supporter of our branch, and Jack Sheahan QSM have passed away. However, we are fortunate to still have 11 foundation members namely: Alice Andrews, Francie Child, Ken Durrant, Gaye and Michael Jones, Glenise Jones, Jean Parish, Janice Ralton, Ivy Rogerson, Noeline Taylor and Sylvia Woods who regularly attend our meetings.

The Maidstone branch meets twice monthly with different activities each month, namely games, trivia quizzes, interesting speakers and

entertainers. We also have monthly outings to Wellington and the surrounding region and an annual trip over to the Wairarapa. Our outings include visiting many places of interest, movies, restaurant lunches, a mid-year Christmas lunch and a charity auction with proceeds going to the Wellington Free Ambulance. Every year we celebrate our birthday and hold a Christmas function the highpoint being, the arrival of Father Christmas to hand out the presents!

On 23 June the Maidstone Branch reached a milestone and celebrated its 20 th Anniversary. The highlight of the afternoon was our entertainer, soprano Lydia Mcdonnell, who captivated our members with her beautiful voice. This was followed by two foundation members, Noeline Taylor and Gaye Jones cutting the cake and finally, a special afternoon tea. A wonderful occasion enjoyed by all.

We look forward to another successful year in 2017 and our 21st Birthday in June 2018.

Bill Panettieri, President - Maidstone Branch



DOCTOR WHO'S TARDIS

... .. and human memory have a lot in common: both seem small, but are able to transport you through time to many possible worlds.

We often assume that memory is primarily concerned with the past, and that we need it to create a sense of identity and our own story in life. But actually, we use memory everyday to help us evaluate our options, make choices such as which films to watch, and to think about the future. In order to do this we engage in mental time travel.

According to my nephew Miles, who's five, the reason you need memory is:

So you can tell your mum and dad if something bad has happened to you.

And he's really grasped the main issue here – we need memory to survive. Research shows our ability to reflect on the past allows us to make beneficial decisions and choose the best actions to take.

Back to the past

How do you choose where to buy your morning coffee? One way is to use memory to draw on individual past experiences in order to evaluate your current options and make the best choices. Should

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you visit the cafe that burns the milk or should you take a ten minute detour, buy your perfect flat white and risk being late for work?

When we think about specific experiences in the past, such as a holiday, there are certain moments we are more likely to remember – usually the most intense moment (the peak) and the more recent moments (the end). These characteristics bias our memories of the event and we give them more weight when evaluating the experience as a whole.

Research has shown that memories affect how we evaluate everything from our enjoyment of a meal to pain during a colonoscopy.

They also influence how likely we are to choose similar experiences. For example, when you think about your most recent holiday, what's the first thing that comes to mind? Perhaps it's a particularly enjoyable meal you had, or maybe it's the day you got sunburnt. Given what you know now, would you choose to go on this holiday again?

What do you remember from spring break - getting sunburnt, or the gorgeous young man you met on the last day? Researchers asked a group of US students going on Spring Break exactly this question. They were asked to rate their enjoyment both during their trip and four weeks after they returned.

Although the ratings they made during the trip provided a more accurate reflection of their overall enjoyment, it was the evaluation they made when they returned that best predicted whether they would repeat the experience.

In addition to having a bias for remembering more recent and intense moments, certain other events are more likely to stick in memory. We encounter hundreds of places, smells, sounds, faces and objects every day, yet we can recall relatively few of these.

Our research has shown that linking events to rewards helps us to prioritise certain events in memory. We also know that emotional and novel events are better remembered than neutral ones.

And interestingly as we get older, our memory capacity does decline, but our ability to use this important information to help us select which information to remember remains relatively intact.

Back to the future ?

In the same way that we draw on past experiences to evaluate our

current options, we also use memory to evaluate future options and to “pre-experience” events. This gives us a way of mentally testing the water before committing to something new.

Imagine instead of offering you a cup of tea, a friend offers to make you something completely new like a raspberry-avocado-smoothie (that’s actually a thing now – but it wasn’t at the time of this research). Assuming you’ve never tried one of these, you will use your memory to imagine the consequences of the new experience.

This act of imagining new events forms associations in the same areas of the brain involved in forming and storing memories – the hippocampus and the medial prefrontal cortex.

Frozen in time

Being able to virtually travel through time makes us well adapted to our environment and helps us to plan actions such as how much food to eat.

The ability to use specific past experiences to imagine the future has been found to be impaired in several patient populations, including in people with Alzheimer’s disease and others with depression .



In a recent study we found that compared to lean individuals, people with obesity tended to disregard how long it would be until their next meal when choosing how much to eat. This lack of planning could be linked to difficulties in using memory to simulate future events.

In highlighting the importance of mental time travel, it is important not to detract from the benefits of focusing on the present moment. There is evidence that mindfulness is an effective tool for improving well-being and mental health .

So next time your mind wanders back to the past, or heads off into an alternative universe, enjoy the ride. You may just be preparing for your next action, and working out which decision is best for your survival.



*I have never understood why women love cats.
Cats are independent, they don't listen, they don't come
in when you call, they like to stay out all night, and
when they're home they like to be left alone and sleep.
In other words, every quality that women hate in a
man, they love in a cat.*

STAYING HEALTHY - A WALK IN THE PARK

We all know we need to exercise to stay fit and strong, stave off disease and maintain a healthy weight. Walking is the most popular physical activity undertaken by Australian adults. It's free, easy, and can be done almost anywhere.

Walking leads to a remarkable reduction in the risk of heart disease, type 2 diabetes, some cancers, arthritis, depression, anxiety and insomnia, and premature death from all causes.

The health benefits of walking stem from the changes that occur in our body systems as a result of exercising. For some of these health conditions, fitness has been shown to be a particularly important factor for prevention.

The term fitness is quite often used to describe aerobic fitness, but having a high level of fitness actually refers to all components of health-related physical fitness which includes muscular strength and endurance, flexibility, body composition, and of course aerobic (or heart) fitness. So is walking enough in terms of the exercise we need?

Aerobic fitness - An analysis of studies on walking showed it improves aerobic fitness - which is technically the ability of the heart to get oxygen to our muscles and how effectively our muscles use that oxygen. But to be effective, walking needs to be of at least moderate intensity, which means an intensity where you're able to notice your breathing but can carry on a conversation without noticeable pauses between words. For many, this is a brisk walk.

Greater improvements in aerobic fitness can be achieved when walking at a vigorous intensity, where you can converse with a friend, but it will be interrupted with noticeable pauses between words to take a breath.

The good news is that you don't need to walk at a vigorous intensity for health or aerobic fitness benefits. Walking at a moderate intensity will increase your aerobic fitness and, more importantly, your endurance (the ability to carry out activities for longer with less fatigue). This is because it allows your body to burn fat more efficiently, improves delivery and use of oxygen in the muscles, and improves mitochondrial density and efficiency (these are producers of energy in our body), all leading to greater capacity to undertake tasks with less fatigue.

Walking briskly for 30 minutes five days per week can improve aerobic fitness. Each walking bout doesn't need to be long though;

walking for ten minutes three times per day is as beneficial as walking for 30 minutes in one go.

Strength - Walking is not a strength-based exercise, but if you haven't exercised in a while, you'll notice gains in leg strength as a result of regular walking. Although benefits in strength are modest, research shows walking 30 minutes five days per week at a moderate intensity helps to prevent sarcopenia (age-related loss in muscle size and strength).

You can increase the demand on your lower body muscles, bones and tendons to keep them strong by introducing hills, choosing to take the stairs, walking on undulating terrain, or even carrying a comfortable backpack. But maximum strength gains will come from introducing some form of body-weight or gym-based resistance training exercise.

Flexibility - Walking does not lead to significant gains in joint flexibility, but walking regularly does have positive effects on your joints. Weight-bearing exercise, including walking, increases lubrication and delivery of nutrition to your joints.

Research shows that walking regularly reduces pain and disability for adults suffering from knee arthritis; and moderate intensity exercise can protect against the development of joint degeneration.

Body weight - Moderate intensity walking can prevent weight gain and assist in maintaining a healthy weight in as little as 150 minutes per week. The American College of Sports Medicine recommends 250 minutes or more exercise to lose a modest amount of weight, but the more you do, the more you'll lose.

Unfortunately, it's a myth that calories in equals calories out. Don't expect a 500 calorie walk to offset the negative metabolic effect of a 500 calorie treat. Fortunately, regular exercise and being physically fit will reduce your risk of heart disease and early death irrespective of your weight loss success.

There are plenty of reasons to walk, we've been doing it since the dawn of time, well before the first gym opened. Walking is an organic, natural, gluten free, fat free, toxin free, meditative experience that delivers far more health benefits than most other decisions you'll make today.

***Megan Teychenne**, Senior Lecturer, Physical Activity & Health, (IPAN),
School of Exercise and Nutrition Sciences, Deakin University*

***Clint Miller** is a Lecturer, Clinical Exercise Physiology, School of Exercise
& Nutrition Sciences, Deakin University.*

PAPAMOA BRANCH

Papamoa Branch meets on the first Saturday of each month and from a membership of over 200 we enjoy the company of between 95 and 120 at these meetings. In June we celebrated our 5th Birthday with 98 members present and we were treated to entertainment from "Harmony-a-Plenty", a group of 12 Male Singers. Other meetings have included Speakers, Quizzes and Bingo.

We continue to enjoy a very varied programme of coach outings every month and these have included the following.

In January, 60 of us spent a sunny day on the Bay Explorer as we sailed the inner Tauranga Harbour and enjoyed lunch at Omokoroa Boat Club.

In February we took 2 coaches and 80 members on a trip to Taupo and enjoyed a boat ride on the Maid of the Falls to the base of the Huka Falls followed by a visit to the unique Lava Glass studio and gardens.

March saw us heading to Te Aroha to visit the amazing workshops of Adrian Worsley who creates sculptures from all sorts of scrap metal.

April, and we were Rotorua bound enjoying the Redwood Tree Walk, followed by a boat trip on Lake Rotomohana, finishing with an art studio visit.

We stayed local in May and visited the Paradox Street Art festival, lunch in town, followed by a trip to Fountain Gardens and topped off with wine tasting at Mills Reef winery.

It was animal farm in June as we went to see Alpacas at Gordonton, lunch at St Andrews Golf Club and finished off with a drive through



to see all the cow sculptures in Morrinsville.

July saw us taking a look at where our fresh water comes from at the Council operated water treatment facility, followed by an all you could you eat buffet lunch and topped off by a visit to the McFall Tractor Museum.

August was a Mystery Trip that ended in Galatea, Eastern Bay of Plenty, and members were astounded by a unique collection of over 12,000 beer cans from 120 countries. They also had the world's first beer can.



Members also enjoy Activity Groups that meet during each month including a Walking Group, Ten Pin Bowling, Petanque, Rummikub, Triominos, Gardening and Friendship Group and in the summer Fishing Expeditions are organised.

Marie Benvin, Secretary - Papamoa Branch



WE REMEMBER

Margaret Kessell who passed away on 11th September 2017.



Margaret born in Matakana, was one of the founder members of the movement clocking up 35 years. Margaret was the implementer of the Healthy Lifestyle Vacations, which she ran from 1988-95. The first trip was for 5 days and 45 members attended. The trip was to Snells Beach where the programme included tramping, walks, tai chi, swimming, exercises to music and fishing during the days. The evenings included singing, table tennis, bowls, cards, scrabble and plenty of chatter or a moonlight walk along the beach. TV1 filmed when they visited Whangamata for a TV documentary.

Over the course of 8 years 2000 members participated and Margaret, with her dedicated team from Takapuna Branch travelled to many places in the North Island and a jolly good time was had by all.

During Awareness Week held in Auckland Domain 15th April 1991, organised by South Auckland Branch (which was Margaret's first Branch before moving to the Shore) The Mayor, Les Mills opened the proceedings, and Margaret filmed and interviewed Bill Sievewright (Our Founder) along with Eric Leather and Bob Futcher who is our Patron.

When Glenfield was established in 1990 Margaret was one of our founder members and soon transferred as it was nearer to her home. Our gain was all the wonderful trips organised by Margaret here in New Zealand and Overseas. What a great time that was with so much fun and memories. She was a wealth of knowledge on our trips and served us well for many years. She took great interest in people and organised monthly luncheons and weekly coffee mornings, which she liked to run throughout the holidays, as she did not want members to feel lonely. She took charge of the sick list and would keep in touch, just a cheery word to brighten their day. Margaret was a people person, always caring about others.

Margaret was made a National life member in November 1995 and held different positions within the Glenfield Branch. She was made President at one time, but did not like that job, as she could not mingle with the members. Her favourite sport was tennis, which she played from the age of 9 playing her last match at the age of 91 in 2015.

Margaret you will be sadly missed, as will your many delicious pots of jam and marmalade for the Trading Table.

Rest in peace.





Don't be irreplaceable; if you can't be replaced, you can't be promoted.

Ellie grumbles to the woman at the chemist's that Gordon has lost his get-up-and-go. Gordon thinks that if Ellie still shared his bed, she'd know that every night at 4am, he has to get up and go, regular as clockwork.



PAPAMOA *est. June 2011*

Venue: Papamoa Sport & Recreation Centre,
Gordon Spratt Reserve, Parton Rd Papamoa.
Date: 1st Saturday of each month 12.30pm.
Phone: 07 542 3373
Email: mariejbkevinjb@gmail.com

CAMBRIDGE

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

TE AWAMUTU *est. September 2008*

Venue: Waipa Workingmens Club 139 Albert
Park Drive, Te Awamutu
Date: 3 Friday of month at 10.30am
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 10.00am -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) 2.45pm
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 2.00pm
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, 1.30pm
Phone: 06 323 4170
Email: ireland.clan@inspire.net.nz

LEVIN *est. April 1999*

Venue: Hudson Room, Cosmopolition Club,
Levin.
Date: 4th Monday of month 10.00am
Phone: 06 368 9462
Email: johnhobbs1935@gmail.com

*from inside front cover***BROWN OWL** *est. August 1992*

Venue: St Peter Chanel Ctr, Cnr Ferguson &
Bernadette Drive, Upper Hutt
Dates: 1st & 3rd Friday of month, 10.00am
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 1.15pm
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
1.30pm
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 9.30am
for 10.00am
Phone: 04 526 4411
Email: bettycosslett@slingshot.co.nz

UPPER HUTT

Venue: Cossie Club, Logan Street, Upper
Hutt.
Dates: 10.00am, 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
10.00am
Phone: 04 971 4726
Email: Jhobbs1935@gmail.com

INVERCARGILL *est. May 1991*

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

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*

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 at original size, preferably as *jpgs*, please.

2018 60SUP MOVEMENT OF NZ INC. CONFERENCE & AGM

Will be held at MASTERTON, SOLWAY PARK, WAIRARAPA.

High St., Masterton. 5810. Ph: 06 370 0505

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.

