

FOCUS



2020 - 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 5262
Email: margfind@gmail.com

WHANGAREI *est. July 1990*

Venue: Northland Club, 8 Porowini Ave, Whangarei
Date: 2nd Thursday of month 10.00am
Phone: 027 922 1411
Email: ikj60plus@gmail.com

BREAM BAY *est. May 1996*

Venue: Ruakaka Recreation Hall, Ruakaka. (Off Peter Snell Drive)
Date: 4th Friday of month, 10.00am
Phone: 09 433 0434
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. August 1991*

Venue: Cedar Anglican Church, 56a Tramway Rd, Beachhaven
Date: 2nd Tuesday of month, 10.00am
Phone: 09 483 8497
Email: ednabulkeley@hotmail.com

BROWNS BAY *est. February 1988*

Venue: Progress Hall, Anzac Road,
Date: 10.00am, 4th Monday of the month
Phone: 09 413 9960
Email: ceciliaparkinson@xtra.co.nz

DEVONPORT *est. September 1989*

Venue: Trinity Hall, Church Street, Devonport
Date: 2nd Tuesday of month 10.00am
Phone: 022 317 9422
Email: noelle5@hotmail.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: 022 038 9842
Email: john.poppytime@gmail.com

HIBISCUS COAST *est. June 1986*

Venue: Hibiscus Coast RSA
43a Vipond Rd, Stanmore Bay, Whangarapaoa
Date: 3rd Wednesday of month 10.00am
Phone: 09 427 6141
Email: peter.helen2018@gmail.com

NORTHCOTE *est. May 1990*

Venue: Northcote Citizens Hall, Ernie Mays Street, Northcote
Date: 1st Friday of month 10.00am
Phone: 09 433 5227
Email: colemaneandj@yahoo.com

PUKEKOHE *est. September 1996*

Venue: Pukekohe Town Hall, Massey Ave, Pukekohe.
Date: 2nd Wednesday of month 10.30am
Phone: 09 238 3141
Email: laviniamitchell1610@gmail.com

SOUTH AUCKLAND *est. May 1989*

Venue: St Andrews Presbyterian Church, 150 Great South Road, Manurewa
Date: 1st Wednesday of month 10.00am.
Phone: 09 972 4492
Email: wlevin@xtra.co.nz

TAKAPUNA *est. June 1983*

Venue: St Joseph's Catholic Church Hall, 10 Dominion Street, Takapuna.
Date: 3rd Thursday of month 10.30am - 12.30pm monthly meeting.
Phone: 09 413 6562, 027 486 1023
Email: utting2@xtra.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 10.30am
Phone: 09 827 4322
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

PAPAMOA *est. June 2012*

Venue: Papamoa Sport & Recreation Centre, Gordon Spratt Reserve, Parton Rd Papamoa.
Date: 1st Saturday of month 12.00 noon.
Phone: 07 574 2441
Email: suppapamoa@gmail.com

CAMBRIDGE

Venue: Christian Centre, Raleigh Street, Leamington.
Date: 1st Tuesday of month 12.15pm
Phone: 07 827 6305
Email: haytonval@gmail.com

continues on inside back cover

NATIONAL EXECUTIVE 2019/20

Patron: Bev Burford

National President: Northland Liaison

Alison Waugh
Kamo Branch

1/56 Clark Road Kamo, Whangarei 0112

Phone 09 946 4309

Email alijwaugh@gmail.com

National Secretary: Hastings, Central Liaison

Maureen Moody
Bream Bay Branch

117/45 Reed St, Whangarei 0112

Phone 09 435 9317, 027 288 5203

Email nannmoody@gmail.com

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

Elaine Utting
Takapuna Branch

21 Durbin Court, Greenhithe, 0632

Phone 09 413 6562

Email utting2@xtra.co.nz

Privacy Officer: South/West Auckland Liaison

Maureen Wilson
Pukekohe Branch

20E Madill Street, Tuakau 2121

Phone 09 947 7590

Email clmawilson@gmail.com

Hutt Valley Liaison

John Hobbs
Wainuiomata Branch

73 Wise Street, Wainuiomata 5014

Phone 04 971 8835

Email jhobbs1935@gmail.com

Birkenhead, Devonport, Glenfield, Northcote Liaison

Ray Cordell
Pukekohe Branch

18 Liverpool Street, Tuakau, 2121

Phone 09 236 8673

Email annrayc@gmail.com

Northland Liaison

John Taylor
Bream Bay Branch

117/45 Reed St, Whangarei, Tikipunga, 0112

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 to all our members. A new year and a new decade and I wonder where our 60s Up Movement will move into in the coming years.

As many people are not retiring at 65 I notice that a lot are going into retirement villages where their needs are met with the activities held at these villages. Also by the time people join our movement they do not wish to be involved in committees.

How can we address these issues? Have you any ideas that you can pass onto the National executive to help involve these retirees to join our movement?

I encourage all members to make it a focus for this coming year to look around and ask someone new in your area to join your branch. We have a poster designed by a Pukekohe member that we will send out to branches which advertises our movement so please use to help with advertising.

Thank you to all the branches I visited last year it was lovely to meet and put a face to names. I hope to visit branches again this year when invited.

Remember our aim is to help our older people remain active contributing members of their local community.

Keep smiling and enjoy this warm weather while we can and I hope your area is not affected by a drought.

Best Wishes for 2020

Alison

EDITORIAL

A Happy New Year to you All. Let's hope it's a good one for all of us especially for our close neighbours in Australia who are going through such a rough time right now. I can't even begin to imagine what it is like for them going through this ordeal. It's been going on far too long, please let it be over soon.

We've had some really interesting articles this time including Birkenhead, Bream Bay and Dargaville's Christmas Lunches; Silverstream's informative talk on what to do when someone is suffering a heart attack and another on making a Will and Power of Attorney explained; plus a poem about technology from Petre:

I hope that you enjoy reading them as much as I did putting them together into this special colour edition of the Focus.

Cheers Jacqui

BIRKENHEAD BRANCH

*Finalists
in the hat
competition.
From Left:-
Fiona Healey
(winner)
Stan Watson,
Carolyn Katu
and
Diane Norton.*



The Birkenhead Branch celebrated a pre Christmas meeting in December. Members brought a plate to share and we held a Christmas Hat competition. The entertainer was Jim Joll (a fantastic singer), who had our toes tapping away. There were 20 raffles (made up of items donated by members and Countdown) which were placed in red bags donated by Bunnings. A lovely morning tea and a lot of fun.

Kathy Heke - Birkenhead Branch



*Cover Picture - A
Challenge for the
60s Up members on
one of the Hastings
60s Up NZ
Bus tours -
Cape Palliser*

*and Left - The
Hardy Folks who
made it to the top.*

DARGAVILLE BRANCH

Dargaville Branch celebrated their 23rd Christmas lunch on December 3rd.

A wonderful meal was prepared, as usual, from one of our local caterers.

Our national President Alison Waugh joined us in the festivities. We were entertained by a local legend, world renowned piano accordionist, Kevin Fredrick.



*National President,
Alison Waugh,
Dargaville President,
Margaret Pinny*

Kevin Fredrick



SILVERSTREAM BRANCH

Silverstream's 60s Up recently heard a most informative address by former local resident Anja van Kesteren who works as a First Aid and Water Safety Instructor.

Every day approximately 19 people die from a heart attack in New Zealand. Warning signs are shortness of breath and chest pain which can spread into the jaw, the face or even the back. The person can feel nauseous and there may be a lot of sweat on the body.

Call 111 straight away and have the person resting and reassure them. Ask the patient: 'Has this happened to you before?' and 'Do you take medication for it?' and 'Are you allergic to aspirin?' If not allergic, give aspirin. This will thin the blood and can increase the chance of survival. If someone has collapsed and is non-responsive, shout 'Can you hear me?' and 'Can you open your eyes?' and 'Can you talk to me?' and tap them on the collar bone. Make sure an ambulance is called.

Open the airway by tilting the head back and opening the mouth. Listen for any sound of breathing for ten seconds. If not breathing, start CPR by doing 30 chest compressions and two breaths, continuing this for as long as necessary.

The Silverstream club meets at a venue where there is

a defibrillator available. Anja showed how to use this for a person who has collapsed and is not breathing. Once you open the defibrillator, there is a voice prompt giving you step by step instructions of what to do. It will analyse if the heart needs an electric shock and how much CPR you need to do. The sooner the defibrillator is used the higher the chance of survival.



*Anja van Kesteren with
Acting Branch President, Ruth
Barnard.*

Rosemary Jamieson - Silverstream Branch



*The Bream
Bay Branch
- Christmas
Outing to
Ake Ake
Vineyard for
Lunch*





Maureen Moody's last outing in her capacity as Trip Organiser - seen below with John Taylor, Bream Bay President



SILVERSTREAM BRANCH

Silverstream's 60s Up recently heard a most useful address by lawyer and recently retired deputy mayor of Upper Hutt, John Gwilliam.

John suggested a will be updated every five to ten years, especially if a partner or child dies or if you re-partner. If you re-marry, the old will is automatically revoked. Consider each child in terms of their separate needs. You can leave a child out of your will but write the reasons in a letter that is kept with your will. The court would give an estranged child something. Include your funeral arrangements, public or private, burial or cremation, donation of organs, gifts of items and anything promised, to satisfy the Testamentary Promises Act. These are your wishes, and they can only be ignored under really special circumstances.

If a family member objects to organ donation, the executor is obliged to carry out your wishes. The will is supposed to override disputes. Notify your family where the will is and your lawyer's name. Choose executors who get along with one another. You don't need to include a solicitor, but it is easier as they do all the administration.

With an enduring power of attorney you give someone the authority to manage your affairs if are no longer able to make your own decisions after perhaps a stroke or brain injury. This person has legal authority to make decisions on your behalf but should consult with siblings and pass on any decisions. They cannot use their role to benefit themselves. There are two types of attorney – Care and Welfare and Property. Even if you still have mental capacity but are overseas or have a physical disability, your property attorney can access your bank account or sell property, but they do have



John Gwilliam with Acting Branch President Carol Inge

to consult with the owner of these assets. You can gift as much as you like to your children, but gifting is limited to \$5,000 a year in the five years before you seek a residential care subsidy, and limited to \$27,000 a year before that. You can also help your children out by using the equity in your home for their home deposit, but if things go bad... Reverse equity mortgages release equity or cash to use for needs and are paid back when you die or sell your house. Can be an expensive way to go – beneficiaries see their inheritance whittling away. Retirement villages give right of occupancy. You go there for the lifestyle, not to make money.

Rosemary Jamieson - Silverstream Branch



OBITUARY

VERA (VI) WALSH

Vi joined the Wainuiomata Branch of 60sUp in 1990 and was elected on to the committee that same year serving until 2005 acting as Treasurer of the Branch in 2004.

She regularly attended Regional Meetings and National Conferences up until 2014.

Unfortunately, all the members of her era have passed on and those of us that are left knew very little about her. She was a quiet and independent lady and walked up to a kilometre to Branch Meetings no matter what the weather

To show their appreciation for her dedication to the Branch, the members presented her with a Branch Life Membership Certificate in 2018.

Sadly, she suffered a stroke and passed away on the 29th September 2019 in her 91st year.

John Hobbs - Wainuiomata Branch



SIX GREAT BENEFITS OF SWIMMING FOR EXERCISE

Swimming is considered to be the best exercise that man can do. It is one of those few exercises in which all of your body parts are used. It's an effective exercise that will help you to keep in good shape, lose weight and remain healthy.

You will feel more refreshed and will be physically fit than your friends. Most people get bored of performing a single exercise but swimming is one of those exercises that won't let you get bored. Here are some benefits of swimming.

1. Improving your capacity: swimming allows you to use your arms, legs and lungs all at the same time. This increases your aerobic capacity as you are using all of your body parts at the same time

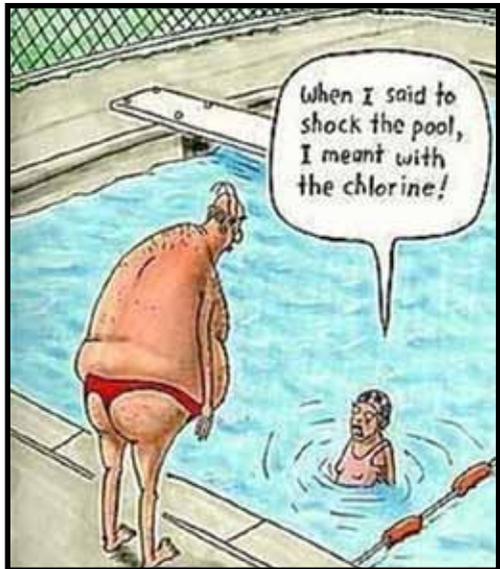
2. Strengthening your heart: swimming helps you to build your heart muscle which in return allows it to pump blood at a much faster rate.

This increases your blood circulation which is good for a person's health.

3. Strength against disease: research has proved that people who have a sedentary life seem to develop heart problems, joint problem and obesity when compared to those who swim regularly. Swimming helps in strengthening your body muscles and provides you with more endurance which helps you to fight against the above diseases.

4. Building muscle: as it is known that water creates more resistance than air so you need to try much hard when it comes to swimming. You have to try 12 times harder when compared to working on land. This makes your major body parts like hips, shoulders, arms and back to exert 12 times more power. As a result of this you develop stronger muscles.

5. Safe exercise: another benefit of swimming is that it is one of safest and cushioned form of physical exercise a person can find.



If a person suffers from joint pains then swimming is a good form of exercises for him. He won't feel any pain while swimming as compared to working out on land. Professional athletes use water for rehabilitation purpose when they suffer injury.

6. Workout time: if you are a beginner than you should hire a swimming coach or join a swimming club which offers training services. For beginners 10 to 15 minutes of swimming is enough but if you are a pro than it depends on your capacity and stamina. No matter what people say, swimming is the safest and most effective form of physical exercise these days.

By Jesse Miller - from the Grown Ups Web Page

Finding the perfect Workout Routines takes time and effort. The best workout routines is a great place to start if a person is interested in flat abs. The P90X workout routines is great and Insanity Workout will increase your stamina and also another workout that will help develop flat abs.



Two blond lads were working for the city public works department. One would dig a hole and the other would follow behind him and fill the hole in.

They worked up one side of the street, then down the other, then moved on to the next street, working furiously all day without rest, one man digging a hole, the other filling it in again.

An onlooker was amazed at their hard work, but couldn't understand what they were doing. So he asked the hole digger, 'I'm impressed by the effort you two are putting in to your work, but I don't get it – why do you dig a hole, only to have your partner follow behind and fill it up again?'

The hole digger wiped his brow and sighed, 'Well, I suppose it probably looks odd because we're normally a three-person team. But today the lad who plants the trees called in sick.'



AND THEN IT IS WINTER

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went.

I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But, here it is - the winter of my life, and it catches me by surprise. - How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those 'older people' were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is - .my friends are retired and getting grey - they move slower and I see an older person in myself now. Some are in better and some worse shape than me, but, I see the great change. Not like the ones that I remember who were young and vibrant - but, like me, their age is beginning to show and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore, it's mandatory! Cause if I don't on my own free will - I just fall asleep where I sit!

And so - now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did!! But, at least I know, that though the winter has come, and I'm not sure how long it will last, this I know, that when it's over on this earth, it's over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn't done, things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.

So, if you're not in your winter yet, let me remind you, that it will be here faster than you think. So, whatever you would like to accomplish in your life, please do it quickly! Don't put things off too long!! Life goes by quickly. So, do what you can TODAY, as you can never be sure whether this is your winter or not!

You have no promise that you will see all the seasons of your life... so, LIVE FOR TODAY and say all the things that you want your loved ones to remember.. and hope that they appreciate and love

you for all the things that you have done for them in all the years
'Life' is a GIFT to you. The way you live your life is your gift to those
who come after. Make it a fantastic one.

Remember: 'It is Health that is real Wealth and not pieces of gold
and silver.'

~Your kids are becoming you - but your grandchildren are perfect!

~Going out is good, coming home is even better!

~You forget names, but it's OK, because other people forgot they
even knew you!!!

~You realize you're never going to be really good at anything,
especially golf.

~The things you used to care to do, you no longer care to do, but
you really do care that you don't care to do them anymore.

~You sleep better on a lounge chair with the TV blaring than in bed.
It's called 'pre-sleep.'

~You miss the days when everything worked with just an 'ON' and
'OFF' switch

~You tend to use more 4 letter words - 'what?' - 'when?' - ???

~Now that you can afford expensive jewelry, it's not safe to wear it
anywhere.

~You notice everything they sell in stores is 'sleeveless?!'

~What used to be freckles are now liver spots.

~Everybody whispers.

~You have 3 sizes of clothes in your closet - 2 of which you will
never wear.

~But 'Old' is good in some things:

Old Songs, Old movies -

and best of all, our dear - OLD FRIENDS!!

Stay well, 'OLD FRIEND!'

Robert and Colleen Baird - Bream Bay



Once, there was an elderly man and his wife who had lived a long and happy life together. They shared all their secrets and experiences with each other, but there was always one thing which the man's wife asked him never to do: he must never open the old shoe box which she kept on the top shelf of her closet.

The man had never once asked about the contents of the box. He just thought it was something intimate, female...

One day, his wife became ill. Soon her health deteriorated completely, and she asked her husband to bring her box to the hospital, because, she said, it was time to reveal its secret to him.

The old man came home, found the box and opened it. Inside he saw two knitted dolls and a huge pile of money — all in all, there were \$95,000!

'But why? How?!' He struggled to calm down, stunned as he was by such a huge sum of money.

'Before we got married,' said the old woman to her astonished husband, 'my grandmother told me the secret of a happy marriage. It consists of just one rule: never argue with your partner. She also told me that every time I get angry with you, I have to sit down and make a knitted doll.'

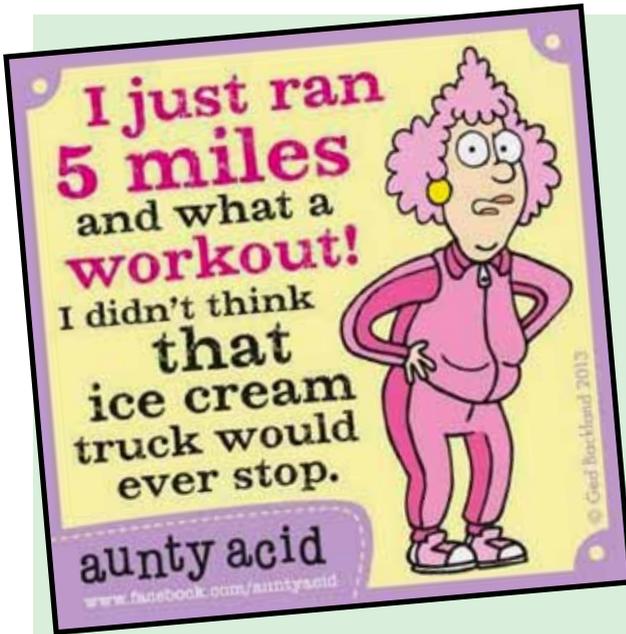
The old man felt touched when he heard these words — there were just two dolls in the box. During the whole 50 years of their life together, it seemed, he had angered his wife on only two occasions. He embraced his wife and kissed her.

'But where did all that money come from?' he asked.

'Oh, that...,' she said with a smile. 'That's the money I earned from selling dolls...'



*Polly and Kate -
Knitted Dolls by
Dollytime online patterns*



*We live
in a
society
where
pizza gets
to your
house
before
the
police.*

*People
who say
that I am
hard to
buy for
must have
forgotten
where
the Wine
Shop is.*



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 4358

Email: Janice.mike44@gmail.com

TAUPO

Venue: 2nd Monday Bridge Club Rooms 10.00am. 4th Monday away tour to be advised.

Dates: 2nd and 4th Mondays of the month.

Phone: Betty 07 376 9443, Sue 07 376 8080

Email: bettyros36@gmail.com

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: corbee37@gmail.com

WANGANUI *est. 7th February 1990*

Venue: Eulogy Lounge, Wanganui Racecourse

Date: 1st Monday of month (except holidays then 2nd Monday) 2.00pm

Phone: 06 344 4417

Email: mumsocks@xtra.co.nz

PETRE *est. October 1999*

Venue: St Andrew's Hall, Glagow Street, Whanganui

Date: 3rd Wednesday of month 2.00pm

Phone: 06 344 2976

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: barbaramwm@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, 10.00am

Phone: 04 977 9055

Email: p.wakelin@paradise.net.nz

*from inside front cover***MAIDSTONE** *est. June 1997*

Venue: Hapai Club, Fergusson Drive, Upper Hutt.

Dates: 2nd & 4th Friday of month 1.15pm

Phone: 04 528 9019

Email: nigelannestent2@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: 37 Dunns Road, Silverstream, Upper Hutt

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: nzalmand@gmail.com

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

Deadline for next issue - end of April

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.

***Don't Forget, you can always read the 'Focus' and view its
photographs, in colour, on our Web Page***