

# FOCUS



**2018 - ISSUE 2**



Official magazine of the 60'sUp Movement NZ Inc.  
[www.60supmovement.org.nz](http://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

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**WHANGAREI** *est. July 1982*

Venue: Badminton Hall, Porowhini Ave, Whangarei  
Date: 2nd Thursday of month 10.00am  
Phone: 09 438 3889  
Email: caniwi123@yahoo.com

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**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

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**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.

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**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

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**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

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**DEVONPORT**

Venue: Trinity Hall, Church Street, Devonport  
Date: 2nd Tuesday of month 10.00am  
Phone: 09 445 1598  
Email: gema@slingshot.co.nz

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**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

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**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

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**NORTHCOTE**

Venue: Northcote Citizens Hall, Ernie Mays Street, Northcote  
Date: 1st Friday of month 10.00am  
Phone: 09 480 0043  
Email: colemaneandj@yahoo.com

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**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

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**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

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**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

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**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

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**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

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**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

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**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:** Bev Burford

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**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

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**National Vice President: Papamoa, Taupo, Waikato Liaison**

Peter Powley 45 Oriental Parade, Papamoa Beach, 3118  
Papamoa Branch Phone 07 572 3095  
Email peter@powley.co.nz

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**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

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**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.

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**Privacy Officer: South/West Auckland Liaison**

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

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**Badges, Northland Liaison**

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

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**Hutt Valley Liaison**

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

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**Birkenhead, Devonport, Glenfield, Northcote Liaison**

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

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**Cambridge, Matamata, Te Awamutu, Northland Liaison**

John Taylor 2/157 Kamo Rd. Kensington. Whangarei 0112  
Bream Bay Branch Phone 021 175 3006  
Email johntaylor1942@outlook.com

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**Webmaster** - Ian Kenney

Email info@60supmovement.org.nz

**Focus** - Jacqui Prior

Email priorjacqui@gmail.com

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# PRESIDENTS REPORT

I watch the television weather report every night, however my old bones tell me what is going to happen and that is - cold.

Thank you to Maureen and Alison for the efforts you put into a very successful conference. We who attended had the pleasure of enjoying and renewing friendships with other members.

As we approach the rest of the year I recommend you all to enjoy each moment, as these are precious, and share your skills with each other.

Thank you Jacqui for encouraging us to share our past with the stories that you publish as our journeys are worth sharing and remembering, whether good or bad as we did it.

Take care, keep warm and share with each other.

*Cheers Neil*

*Neil Todd - National President*

# CONGRATULATIONS

to Takapuna Branch Elaine Utting Secretary and National Treasurer of the 60'sUp movement of NZ inc Who received a 'Queen Service Medal' in the recent Queen's Birthday Honours.

This was her citation - For Services to the Community and Netball Mrs Elaine Utting has been involved with Netball North Harbour for sixty-three years as a player, coach, umpire, treasurer (for ten years) and president for four years. Mrs Utting was on the committee of the inaugural Golden Oldies Netball Tournament held on Onewa Domain in 2012 and was responsible for organising North Shore Primary School Netball Competitions in the early 1970s. She has been involved in 60sUp Movement, Takapuna Branch for fourteen years and is now Secretary and Entertainment Officer. Her duties entailed a Regional Meeting of all the Shore Branches to consolidate and assist each other. Elaine has been National Treasurer for two years. She has been involved with Red Cross Meals on Wheels for fifty years as both driver and roster coordinator. She has been involved with Hospice North Shore for twenty-seven years. She is Treasurer of the Greenhithe Residents Association, and a Neighbourhood Support Street Coordinator. She is a member of the School Community Education Association and has run evening business classes for the community for more than five years. Mrs Utting is a Justice of the Peace and is currently involved in all the aforementioned activities.

# NATIONAL CONFERENCE 2018

**Sunday 17th to Tuesday 19th June**

Solway Park Hotel in Masterton is a great venue for a conference. Helpful, friendly staff, very good conference rooms, comfortable accommodation, very good food, great music and entertainment after the annual dinner.

Eighty-three members attended, including one life member. nineteen branches were represented. A warm welcome to our new patron, Bev. Burford. The mayor of Masterton, Lyn Paterson, made a great welcoming speech with lots of interesting local information.

The two day AGM and Conference event came together really well. A nice afternoon tea for registration, followed by a quiz to get everyone chatting together.

We have had great feedback, re the hotel, the food and the entertainers. Yes, the weather was a little on the cold side and the rain threatened but the hotel was all under one roof with no stairs and good parking for those who had driven.

The bus trip was well received by the 57 members who joined in. A full bus, so no need to count heads!. First we visited New Zealand's own Stonehenge and found it most interesting.

Lake Ferry Hotel was a great place for lunch followed by an interesting visit to Cobblestones Museum at Greytown on our return to Masterton.

Many thanks to all those members who supported us in our efforts to produce that important and necessary conference.

Nice to have our President with us this time but we did miss his wife Coral who was unable to join us. Thanks to our fellow National Executive members for their great support.

*Maureen Moody and Alison Waugh - Convenors*

*On the front cover - Neil Todd, National President, gives his address - more photographs on our Web Page*



# KAMO BRANCH

## OUR TRIP TO RAROTONGA

On 31st July 2017 twenty members from our Kamo Branch departed from Whangarei Airport at the start of a seven day trip to Rarotonga.

After an overnight stay in Auckland, we boarded our flight. Once we arrived in Rarotonga, we were greeted by staff from the Sunset Resort, all given leis then transported to our resort which is on the east side of the island not far from the airport. It is set in beautiful grounds, with two swimming pools and an easy walk to the beach plus a restaurant where we had breakfast each morning included in the cost of our accommodation. The first night we joined other guests for a barbecue and entertainment at the restaurant.

We all decided to take a bus into the 'town'. About ten of us waited for the bus which was full but the kind younger people stood up and let us have their seats. After a shop around, we caught the bus again and finished the circuit of the island which takes around one hour.

Next morning, some of us decided to hire a car for a few days which was great as we did not have to wait for the bus if we wanted to travel and see the sights of the island. Our group had the car and we found it great to explore the back roads where the bus didn't go.

All of our group took the trip on the glass-bottom boat and had planned to swim but it was a cold showery day so changed our minds and just enjoyed the trip then a lovely lunch and island entertainment afterwards.

Myself and three others dined one night at a sliver-service restaurant called the Tamarind. This had been recommended to me by my doctor. We had a top class meal sitting right by the lagoon whilst watching a beautiful sunset. On the way back, I was driving, missed a turn in the dark, and ended up on a back road which led to a dead end. I was not helped at all from my companions who were in fits of laughter at my attempts to find our way back. This we eventually did after a few more wrong turns.

On our last evening, we all got together and celebrated one of our members birthday. A great time was had by all.

One word of warning. Do not travel without insurance. One of our members was taken ill and we had to call an ambulance. It cost \$800.00 for the call out and \$300.00 for a night in the hospital. Luckily this member had insurance.

*Alison Waugh - Kamo Branch*



*From left to right: Jeannette Kerr, Maureen Moody, Betty Corney and Eva Williamson.*



## BIRKENHEAD BRANCH

*Neil Todd attended our birthday meeting in April and he is seen cutting the cake with Val McCauley who has been coming to the monthly Birkenhead meetings for 25 years.*



*Ever wondered how the 'Focus Delivery Fairy' sends all the issues out to your individual branches?*

# MATAMATA BRANCH

It was March 14th. Sun, sea and food was the promise of the day. There was no need for 'Sea Legs' when a coach load of Matamata 60'sUp arrived at the Mount Maunganui Wharf – the harbour was as calm as a mill pond promising a smooooth trip.

We boarded the 'Kewpie' and set sail across the harbour to Sulphur Point where container ships were tied up and massive cranes were loading huge containers of varying colours with such precision it was amazing.

On up the harbour we leisurely cruised under the bridge and past the 'Oh so Posh' Trinity Wharf Restaurant and Hotel. No, we weren't going there for lunch - sorry. Then, would you believe, a Floating Playground.! Yes really. Inflated slides, rings and a climbing frame surrounded by floating safety booms.

On we cruised past downtown Tauranga with some very impressive high-rise buildings, can you imagine the views? Just before the rail bridge we turned and headed back. The Caroline Marsk was ready to sail with containers stacked ten high and twenty-two along the deck, that we could count. How do they stay afloat?

Back across the harbour and there was the gleaming white majestic cruise ship 'Diamond Princess' Wow. She certainly is beautiful. One of the lifeboats was lowered and they were doing a practice rescue exercise as we sailed by. They didn't return our waves, too focused on the job. I don't think there was one of us that would have said NO to a trip on her.

Heading across the entrance towards Matakana Island we passed 'Tangaroa' the bronze warrior guarding the entrance to check if visitors intentions were friendly. Onwards over to Omokoroa, then back to the wharf where we disembarked and headed back to the coach.

But hang on, where's our intrepid leader?!!!! Well the next thing, here she comes – 'TROLLEYED'! No, not drunk but suffering from a sore back so they popped her into a little blue trolley and pushed her up the jetty to a round of applause.

The sea air had sharpened our appetites so off to the 'Kwang Chow' restaurant for a most delicious lunch.

Safely home we all agreed it was a magic day. Our thanks again to Shirley and Maureen.

*Irene Wilson – Matamata Branch*

## TIPS FOR SOLO TRAVEL AFTER RETIREMENT

Whether you've lost a beloved life partner or are simply flirting with the idea independent globetrotting, solo travel is quickly becoming a major travel trend for over 50s. It comes with a host of perks, from piecing together custom itineraries and moving at your own pace to interacting with new people and experiencing a destination through a local lens.

With so much to love, why not make your next trip a 'me, myself and I' affair? You definitely won't be alone, with the latest statistics from Solo Traveller revealing that roughly one in four people plan to travel solo in 2018.

Of course, travelling solo is quite different from travelling with a partner or a friend. That's why we've put together some essential tips on how to navigate solo travel like a pro.

### **Pack a good book**

Even the most seasoned of travellers can still feel a little intimidated at the thought of asking for a table for one. If you need more than a glass of vino for companionship always make sure you travel with a good book. This will become your new secret weapon when it comes to sitting down for breakfast, coffee, dinner, cocktails and everything in between.

### **Practical luggage**

When you haven't got anyone to help you lug a suitcase up a flight of stairs the importance of practical luggage is magnified by tenfold. For example, if you're planning to visit a string of cobblestone towns and villages in Europe be sure to invest in a suitcase with sturdy wheels. Think about your destinations and load up accordingly.

### **Learn the language**

If you're travelling to a foreign country, making an effort to learn the language will seriously enhance your solo experience. Not only will you be armed with a few basic words and phrases to exchange with friendly locals, but a basic grasp of the language could also come in incredibly handy if you find yourself in a sticky situation.

### **Sign up for a group tour**

Just because you're travelling solo, it doesn't mean you have to experience a destination alone. Signing up for a group trip is a fantastic solution for seniors who want to travel but simply don't have anyone to jet set with. Certain cruise lines do a fantastic job at catering to singles, while companies like Trafalgar Tours piece

together guided holidays to over 200 destinations across the globe. Do your research, read reviews and find a company that ticks all your boxes.

### **Embrace a bit of both**

If you don't want to commit to a guided tour and still want to retain a healthy dose of freedom, why not enjoy the best of both worlds. You can book a solo trip but throw in a few guided day tours here and there. These are also a great way to meet people and immerse yourself in a destination. For example, companies like City Wonders do an incredible job at organising unique experiences across Europe.

### **Stock up on essentials**

From safety to practicality, travelling solo calls for a few packing tweaks. We loved breezing through this article from Travel & Leisure, which offers some fantastic ideas for solo travel.

### **Get insurance**

Whether you're twenty something or sixty something, the importance of travel insurance can't be stressed enough. No matter how careful you are or how "harmless" your trip the reality is that you never know what could happen. And if it does, it pays to be insured. From broken legs to emergency hospital visits, we guarantee that the cash you spend on travel insurance will pay for itself in the form of peace of mind.

### **Keep others in the loop**

When you travel solo you don't have the luxury of a partner or friend constantly knowing your whereabouts. Be sure to hand out a few copies of your itinerary to people back home and pencil in regular check-in dates via email or Skype.

### **Remember to relax**

Travelling solo can be stressful and intimidating at times, which means it's more important than ever to give yourself permission to relax and enjoy your own company. Whether this means sipping on sangria at a sun-dappled café, relaxing on a palm-fringed beach or giving yourself permission to sleep in until midday, remembering to relax is one of the golden rules of solo travel.



# TAKAPUNA BRANCH

Barbara was given a farewell from the Members of the Takapuna Branch and presented with a plant to take to her new abode. President Pat Hevacan read the following tribute:

“This a big thank you to one of the longest committee members of this branch.

Barbara joined the Branch in 1987 and joined the Committee soon after that, retiring in January this year. Her main task was looking after the Trading Table and what a great job she did of this. She also collected monies at the activity meetings and the DVD. She also



worked on the Hospice Stalls and Salvation Army Stalls on behalf of our Branch. She joined the many ‘away trips’ organised by the late Barbara Woodhouse to the East Coast, Norfolk Island, Tasmania, Adelaide and the Murray River. Her favourite trip was the twelve day train ride around the South Island. I think.

She only missed two our monthly bus trips. A lot of members have said that Barbara has done a lot for our Branch and her reply has always been ‘the Branch has done a lot for me’. Although she is leaving the Committee she hopes to come to some meetings and bus trips. She is moving to live in Puhoi where her family have provided a lovely home waiting for her. We wish you, Barbara, all the best in your new venture - your happy smiling face and your ‘always ready to help attitude’ will be fondly remembered.”

*Elaine Utting - Takapuna Branch*

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*I wouldn't change my children for  
the world - but I wish I could  
change the world for my children.*

## BOOK REVIEW - THE PARANORMAL

### *True Stories and the Outcomes*

Part 1 introduces all the different methods used by Mediums, and relates six experiences of the writer and experiences of forty volunteers.

#### **One of the Experiences.**

Janet (Not me) When she was sixteen years old, she went through the heartbreak of losing her father, who died from blood cancer. Before he died, they discussed the possibility of contacting the dead. Years later, her partner Murray committed suicide, and Janet wondered what she had done for him to do such a thing. It weighed heavily on her shoulders, so she made an appointment with a Medium for some help.

Medium: 'Your Murray is coming through, and he wants to say sorry for putting you through the misery you have been suffering. Don't blame yourself for his behaviour. It was his fault, and he is very sorry. Your father has also come through, and he is wondering why it has taken so long to get in touch with him.'

'How do I know you are in touch with my father?'

'He has held up the third finger of his right hand, and it is missing down to the first joint.'

'Yes that's my father. What does he think of my son Ryan?'

'He has been watching over you and says your son is lovely, but he has a problem with one eye!'

'Yes, that's right; one is bigger than the other.'

'Well, that's all for today.'

'Thank you. You have been a big help.'

Outcome: Janet left the medium feeling elated. The burden she had been carrying around on her shoulders had lifted. She later met a very nice man, and they are now living happily together.

*Contributed by Janet Flavell - Ph: 0-9-424 0996*



## EGGS - IMPORTANT INFORMATION

*What is the NZ Ministry of Health agreed statement on eggs?*

Eggs are a healthy, natural whole food that the New Zealand Ministry of Health Eating and Activity Guidelines state can be enjoyed by most people every day of the week.

*What does 'most people can enjoy eggs every day' mean - how do you define most?*

It is difficult to state a universal guideline for all people as individuals have a wide array of health conditions and diets. The guideline covers the majority of the population, i.e. most people can enjoy eggs every day. The key exceptions to this are;

For those at increased risk of heart disease the NZ Heart Foundation recommends no more than six to seven eggs per week. This means an egg a day is fine. The small percentage of the population classed as hyper-responders are particularly susceptible to dietary cholesterol having an impact. People concerned about this should consult with their health care professional.

*What are the Ministry of Health Eating guidelines?*

Agreed guidelines by a panel of New Zealand experts outlining the best diet for maintaining health based on current evidence. Within the guidelines there is plenty of flexibility to meet most people's specific needs. For good health, the NZ Ministry of Health recommends at least two servings of legumes, nuts or seeds a day or at least one serving of fish/seafood, eggs, poultry or red meat a day. The guidelines define one egg as one serving so at least an egg a day can be enjoyed by most people every day as part of a variety of food choices from this food group

*Why are eggs so good for us?*

Eggs are a highly nutritious food that can make an important contribution to a healthy, well balanced diet. They are a natural source of at least 11 different vitamins and minerals as well as high quality protein, omega-3 fats and antioxidants. An egg on average contains 6.7 grams of protein, 274 kJ (65 calories) of energy and 1.1 grams of saturated fat.

*What about Cholesterol?*

Studies conducted in healthy people show no effect of daily egg intake on blood cholesterol levels. In addition, the latest scientific evidence shows no association between increased intake of dietary cholesterol and increased risk of heart disease or stroke. The NZ Heart Foundation advise 'A prudent recommendation is a limit of

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six to seven eggs per week for people at increased risk of heart disease’.

### *What about Saturated Fat?*

The NZ Ministry of Health guidelines recommend limiting foods high in saturated fat. Eggs contain only 1.1 grams of saturated fat per egg.

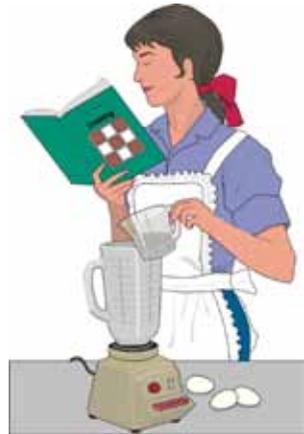
### *Can kids and older people eat eggs every day?*

Due to their high quality protein and 11 vitamins and minerals, eggs are a great choice for kids and those over 60 and can be enjoyed by most people every day

### **Egg Nutrition**

Eggs have the highest nutritional quality protein of all food sources - 6.7 grams per egg. Protein is a source of energy, but its main role in the body is growth and repair. It helps in the formation of muscles, hair, nails, skin and organs such as the heart, kidneys and liver. The protein found in eggs is considered to be of the highest quality, providing the right amount and balance of essential amino acids to match human requirements.

**For egg recipes and to learn more about egg nutrition, visit [www.eggseveryday.org.nz](http://www.eggseveryday.org.nz)**



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## **LAMB LOVERS LOAF**

- 350g. Lamb Mince
- 250g. Sausagemeat,
- 1 thick sice bread damped and crumbled
- 1 egg
- 1 tablespoon. Mint sauce
- 1 small onion finely chopped
- 1 small carrot grated
- salt and pepper

Mix together thoroughly, then cook for 1 hour at 160 degrees in a loaf tin.

Nice hot with vegetables and gravy, or sliced cold with salads.

*Maureen Moody - Bream Bay Branch*

## WAINUIOMATA BRANCH

Wainuiomata is situated in a valley between the eastern hills of Lower Hutt City and the Orongorongo Ranges and at the time of the 2013 census had a population of 16,786.

The name derives from Wai (water) Nui (big) O (of) Mata (tears of women) and was apparently given to the area by a number of Maori women who escaped over the hill to evade the marauding tribes from the north at which time the area was mostly swamp.

After the second world war development of the southern part of the valley began for affordable housing for the returned servicemen and in the 1950's draining and developing the rest of the valley began.

It has the third oldest church in the Wellington area and has been the home of three members of parliament, three All Blacks, two Black Sox and the current mayor of Hutt City also resides here.

In September 1987 a notice was placed on the the notice board in the local shopping mall inviting anyone who was interesting in



*Branch members celebrating their 30th Anniversary  
with Dorothy Reuschler cutting the cake.*

*Those with her are - left to right, front row - Jenny Ward,  
Elma Johnston (president), Dorothy, Heather Austin,  
Dot Forde and Maureen Grocott.*

*Back row - George Robertson, John Hobbs  
and Christine Mayoss.*

starting a branch of the 60sUp movement in Wainuiomata to a meeting which was held in the town Community Centre.

The people who attended that meeting were John and Mary Eglinton, Mary Brown, Val Collins, Alan and June McCarthy and Dorothy Reuschler who is still a regular attender at meetings today. From here the membership has grown to around 80.

The first actual meeting of the branch took place on the 19th of October, 1987 with John Eglinton being elected as president.

On Wednesday 4th of October 2017 the branch celebrated it's thirtieth birthday with a cake which was cut by Dorothy, our foundation member, surrounded by members of the present committee.

At the branch's AGM held on Wednesday 2nd May 2018 the three longest serving members, being Dorothy Reuschler, joined 1987, Vi Walshe 1989 and Irene Kearney 1991 were present with branch Life Membership Certificates in recognition of their regular attendance and the service they have given to this branch over the years.

*John Hobbs - Wainuiomata Branch*



### **ALWAYS WEAR UNDERWEAR .. ..**

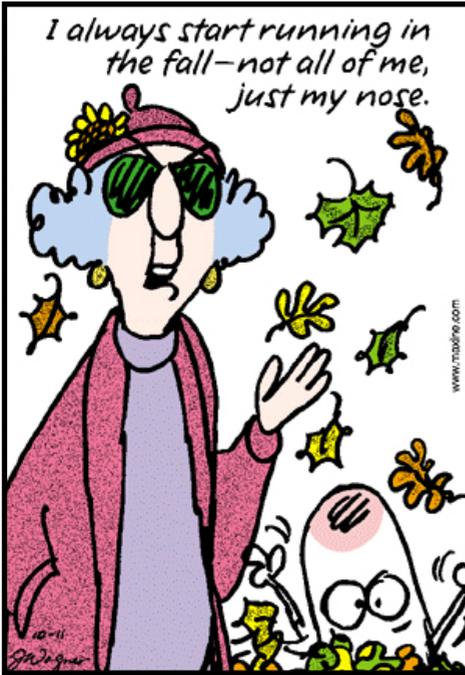
*Always wear underwear in public, especially when working under your vehicle. From the local paper comes this story of a Brisbane couple who drove their car to the shopping centre, only to have their car break down in the car park. The man told his wife to carry on with the shopping whilst he fixed the car.*

*The wife returned later to see a small group of people near the car. On closer inspection, she saw a pair of hairy legs protruding from under the chassis.*

*Unfortunately, although the man was in shorts, his lack of underpants turned his private parts into glaringly public ones. Unable to stand the embarrassment, she dutifully stepped forward and quickly put her hand up his shorts. and tucked everything back into place.*

*On regaining her feet, she looked across the bonnet and found herself staring at her husband who was standing idly by watching.*

*The R.A.C. mechanic, however, had to have three stitches in his forehead.*



*I tried to explain to my 4-year-old grandson that it's perfectly normal to accidentally poop your pants, but he's still making fun of me.*

*Letting the cat out of the bag is a whole lot easier than putting it back in*



**PAPAMOA** *est. June 2012*

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

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**CAMBRIDGE**

Venue: Christian Centre, Raleigh Street,  
Leamington.  
Date: 1st Tuesday of month 12.15pm  
Phone: 07 8276305  
Email: vwhayton@ihug.co.nz

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**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

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**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

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**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

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**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

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**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

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**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

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**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

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*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

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**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

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**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

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**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

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**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

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**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

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**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

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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](mailto: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.