



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

FEBRUARY 2024 NEWSLETTER

President: Edna Bulkeley 4838497/021-1216646

Vice President: Raewyn Hilt 444-9333/021-1237569

Secretary: Kathy Heke 0274953095, Treasurer: Margaret Crowther 483-8957

Trips: Fiona Healey 027-4480702/483-6335

Meetings held second Tuesday of the month at 10.00am at the Cedar Centre 56A Tramway Road, Beach Haven

PRESIDENTS REPORT

Good morning everyone and welcome back for our first meeting of 2024. I hope you have all had a lovely Xmas and New Year break. We have finally had some lovely weather and hopefully it will last for a while. Our coffee meet up was a great success and I think I counted 34 members. The coffee and food were delicious and the service was also very good. Today for our entertainer we have the lovely Helen Brown to sing for us. Also don't forget to put your names down for the trip to Pah Homestead. I hope you all have a lovely morning and enjoy being back for a great new year.
Edna



TRIPS

February 20th

Trip to Pa Homestead. Morning tea will be at the Homestead. Lunch at the Avondale RSA. Cost \$35.00. Bus leaves Verrans Corner at 9.00am, Beach Haven Shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am.

March 19th - Trip to Mission Bay for lunch. Cost \$35.00. Bus leaves Verrans Corner at 10.00am, Beach Haven shops 10.05am, Cedar Centre 10.10am, Eskdale Road 10.15am, Onewa Road 10.20am.

In future no trip monies will be accepted on the Bus. Trips must be paid for at Branch Meetings, where possible, or via internet banking. The bank account number is:- 12-3035-0491544-01. If paying at the meeting please put your money in an envelope with your name on it. Thank you for supporting the trips. A last minute cancellation may incur a \$10 refund deduction.

THE BUS TIMES ARE

APPROXIMATE ONLY. Please wear your name badge on the bus trips. NOK details are to be noted on the back of the name badge in case of emergencies. Also to avoid possible confusion please retain your original seats.

HEALTH LINE 0800-611-116 is the number you ring if you are in need of professional medical help at any time, day or night. For cards to be sent to our sick folk please ring **Zita Haines 094445801.**

BRING AND BUY TABLE

Check it out you may be able to pick up a good book or two or some yummy baking. If you have any spare fresh vegetables from your garden or preserves, jams etc., these sell really well. So bring them along.

JOKE

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."



Riddle: What goes up, but never goes down.

Answer: Age



Thanks to Bert Sutcliffe Retirement Village for supporting our trips.

PONDERATIONS

I started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

I'm on two simultaneous diets. I wasn't getting enough food on one.

Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.

RECIPE

Courgette Fritters

- 3 Courgettes (grated)
- ½ tsp salt
- 2 garlic cloves (crushed)
- 2 Tbsp grated onion
- 2 large eggs
- ¾ cup self raising flour
- 1 tsp allspice
- ½ tsp cumin
- Pepper to taste
- Oil to fry

Method

Add salt to grated courgettes and let sit for 10 minutes. Squeeze juice from courgettes in a tea towel. Place all ingredients into a bowl. Mix well. Fry 5 minutes each side. Enjoy

DID YOU KNOW

The deepest place on earth is the Mariana Trench in the Pacific Ocean. It is 36,201 feet (11,034m) deep. That's almost 7 miles.

It would take you approximately 18 months to walk all the way along the great wall of China. (It's over 5,000 miles long)

KIDNEY KIDS - Pauline Smith has taken over the role of collecting tabs off cans and screw tops of wine bottles for this great cause.

ENTERTAINMENT

13th February - Helen Brown (singer)

12th March - Sherie Stone (Talk on Medical Alarms)

WHAT'S ON

February 14th - Valentine's day

March 20th - March Equinox

March 29th - Good Friday

March 31 - Easter Sunday

HOUSEHOLD TIPS

The wonders of baking soda.

If ants are a problem sprinkle a thin line of baking soda along the ant trail and also along the molding on the floor. The ants should disappear.

Use baking soda on the bottom of the bird cage. Sprinkle a good layer of baking soda on the bottom of the tray before re-layering with newspaper.

QUOTE FOR TODAY

You are never too old to set another goal or to dream a new dream.



Lottery Grants Board
FUNDS FOR YOUR COMMUNITY

Our thanks to Lotto for supporting our trips