



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

## APRIL 2024 NEWSLETTER

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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. I hope you all had a lovely Easter, enjoyed some chocolate, some family time and a bit of sunshine. We are now at the start of a new financial year and in the process of planning our trips. We have already booked up April & May and June is starting to come together. Three of us are going to the Conference in Palmerston North and that is also booked. So as you will see we have been busy getting on with things. We just need you to support us now as it looks like we won't be getting anything from Lotto this year. Today our guest speaker is from Mercy Ships and I'm sure you will all be aware of the amazing work these medics carry out to those less fortunate than ourselves. I hope you all have a lovely morning and enjoy each other's company. Keep smiling. Edna

### **TRIPS**

**April 16th** - Trip to the Museum to see the photo expedition. You will need to buy your own coffee for morning tea. Lunch will be at the Birkenhead RSA. Cost \$40. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am.

**21st May** - Trip to Couldrey House at Wenderholm. Bays Club for lunch. Cost \$40. Bus leaves Verrans Corner at 9.00am, Beach Haven Shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am.

In future no trip money 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.

### **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.



## **RULES OF LIFE**

### **1. Let it go**

Never ruin a good day by thinking about a bad yesterday.

### **2. Ignore them**

Don't listen to other people, have a life that's empowering to you.

### **3. Give it Time**

Time heals everything

### **4. Don't compare**

The only person you should try to beat is the person you were yesterday.

### **5. Stay Calm**

It's ok not to have everything figured out. Know that in time you'll get there.

### **5. It's on You**

Only you are in charge of your happiness.

### **7. Smile**

Life is short. Enjoy it while you have it.

## **RIDDLE**

I am easy to lift but hard to throw. What am I.

Answer: A feather

## **DID YOU KNOW**

Pineapples take two years to grow.



Thanks to Bert Sutcliffe Retirement Village for supporting our trips.

## **RECIPE**

### **Easy Pumpkin Soup**

Add a large knob of butter to a pan and sauté 1 diced onion, 2 teaspoons of chopped thyme leaves, 1 clove of chopped garlic, 1 teaspoon of grated ginger, ½ teaspoon of ground cumin and 1 teaspoon of curry powder, until the onion is soft. Blend this mixture with 1-1½ kg of roasted butternut pumpkin and 1½ to 2 cups of chicken or vegetable stock until smooth and at the desired consistency. Season to taste with salt, pepper and a little fresh lemon juice. Enjoy



### **SUBS ARE NOW DUE**

These have increased to \$15.00. These can now be paid on-line. The Bank Account number is:-  
12-3035-0491544-00

### **JUST A REMINDER**

Due to increases relating to trips we have had to put the price up to \$40. These can now be paid for on-line. The Bank Account number is:-  
12-3035-0491544-01



**KIDNEY KIDS** - Pauline Smith is collecting tabs off cans and screw tops of wine bottles for this great cause.

## **ENTERTAINMENT**

**9th April** - Mercy Ships (Talk)

**14th May** - (ASB Bank) Fraud and Scams. Gill Gilder

## **COMING UP**

**April 25th** - Anzac Day

**May 12th** - Mother's Day

## **JOKE**

Three old ladies are sitting in a diner, chatting about various things. One lady says, "You know, I'm getting really forgetful. This morning, I was standing at the top of the stairs, and I couldn't remember whether I had just come up or was about to go down." The second lady says, "You think that's bad? The other day, I was sitting on the edge of my bed, and I couldn't remember whether I was going to bed or had just woken up!" The third lady smiles smugly. "Well, my memory's just as good as it's always been, knock on wood." She raps the table. With a startled look on her face, she asks, "Who's there?!"



**Lottery Grants Board**  
**LOTTO**

FUNDS FOR YOUR COMMUNITY

Our thanks to Lotto for supporting our trips