



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

MARCH 2026 NEWSLETTER

President: Edna Bulkeley 4838497/021-1216646

Vice President: Sue Mulcahy 021725464

Secretary: Kathy Heke 0274953095, Treasurer: Pauline Smith 0212304976

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 all and welcome. Suddenly we are into Autumn again although it doesn't quite feel like Autumn yet. We had lovely weather for our trip to Gulf Harbour and the lunch at the Whangaparaoa RSA was very good. Our next trip to the Kaipara Sculpture Gardens still has some seats so please put your names down for this. They have a lovely garden centre there as well as the Sculpture Garden. Morning tea and lunch will be provided on this trip. This morning we have Riki Hollings from Spark to talk to us with some tips on how to keep our internet safe. Look forward to seeing you and enjoy your morning. Edna

Do everything with a good heart expect nothing in return and you will never be disappointed

TRIPS

March 17th

Trip to the Sculpture Gardens with lunch at the Gardens Cafe. Scones with Jam & cream for morning tea. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am. Cost \$40.

April 21st

Trip to Highwic House then lunch at the Titirangi RSA. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am. Cost \$40.

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 **12-3035-0491-544-01**.

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. Please leave the front 4 seats on the bus empty for people who are having trouble walking.

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.

Contact Sue Mulcahy if there is someone you know that is unwell.
Phone **021725464**.

ENTERTAINMENT

March 10th - Riki Hollings (Spark)

April 14th - Jan Beaumont - (Poet)

Coming Up

3 April - Good Friday

5 April - Day light saving ends

6 April - Easter Monday

25th April - Anzac Day

Our National website

<https://www.60supmovement.org.nz> Check out what other branches are doing.

You can pay your entry fee to the end of **March 2027** into Bank Account Number **12-3035-0491-544-00**



To pay for your trips the bank account Number is:-

12-3035-0491-544-01

Enter **your name, code** - put trip money and **Reference** -Where the trip is for.

QUOTE FOR TODAY

Act as if what you do makes a difference. **IT DOES.**

Michael James

DID YOU KNOW

When the moon is directly overhead you will weigh slightly less.

Honey is the only food that does not spoil.

SUBS ARE DUE NEXT MONTH

Written receipts are to be phased out so there is no longer the need to issue receipts. Instead your Membership Form will be confirmation of payment. These forms will be available next month.

JOKE

It was my first night caring for a elderly patient. When he grew sleepy, I wheeled his chair as close to the bed as possible and using the techniques I'd learned in school, grasped him in a bear hug to lift him onto the bed. But I could not clear the top of the mattress so I grabbed him again, summoned with all my might and hoisted him onto the bed. When the nightshift nurse arrived I recounted what had happened.

"Funny she said, looking puzzled. Usually I just ask **him to get into the bed, and he does**"

RECIPE

Chocolate Weetbix Slice

2 ½ Weetbix crushed
1 cup Coconut
1 tsp Baking Powder
150 grams butter (or Olivani)
1 cup flour ¾ cup of sugar
1 heaped Tbsp Cocoa Powder

Method

Heat oven to 180 degrees.
In a bowl mix dry ingredients. Melt butter (or olivani) and add to dry ingredients. Mix well and press into greased tin. Bake 10 - 15 minutes.

Chocolate Icing

1½ cups icing sugar
2 Tbsp Cocoa Powder
50g butter or Olivani
2-3 Tbsp Water

Ice when cool

THE TRAIN OF LIFE

At birth we board the train and meet our parents, and we believe they will always be by our side. As time goes by, other people will board the train and they will be significant i.e, our siblings, friends, children and even the love of your life.

However at some stations our parents will step down from the train, Others will step down over time and leave a permanent vacuum. Some however, will go so unnoticed that we don't realize they have vacated their seats leaving us on this journey alone.

This train ride will be full of joy, sorrow, fantasy expectations, hellos, goodbyes and farewells. Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life.



OUR THANKS TO LOTTO FOR SUPPORTING OUR TRIPS