



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

JULY 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 to you all and welcome. It certainly feels like winter is here now although we have had some amazing days of sunshine. We received a warm welcome from the Orewa Surf Life Saving Club on our last trip and the lunch was exceptionally good. If you are in the Orewa area recommend having lunch there – great views. Today we are having a Quiz so no guest speaker or entertainer. We will have prizes though for the winners. Gina has set the questions so good luck everyone. I hope you have a lovely morning and look forward to catching up with you all. Stay warm at night and don't forget to switch off the electric blanket. Edna,

TRIPS

July 21st - Trip to the Museum to see the Wild Life Photographic Exhibition. Lunch will be at the Northcote Tavern. 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.

August 18th - Lunch at Birkenhead RSA, followed by Chelsea Sugar Train in the afternoon. Cost \$40. Bus leaves Verrans Corner at 11.00am, Beach Haven shops 11.05am, Cedar Centre 11.10am, Eskdale Road 11.15am, Onewa Road 11.20am.

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

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

July 14th - Quiz

August 11th - Lynne Bartlett (Singer)

September 8th - Tina Bedggood talk on her grandmother's life with Giraffes.

Coming up

July 10th - Matariki

Our National website

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

IT IS OUR 35TH BIRTHDAY NEXT MONTH

Please remember to bring a plate.



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.

RECIPE

Easy Two ingredients Pizza Dough

Ingredients

1 ½ cups self raising flour
1 cup Greek unsweetened yogurt

Instructions

Heat oven to 230 degrees celsius. Pour the yogurt and the flour into a bowl and mix with a spoon until well combined.

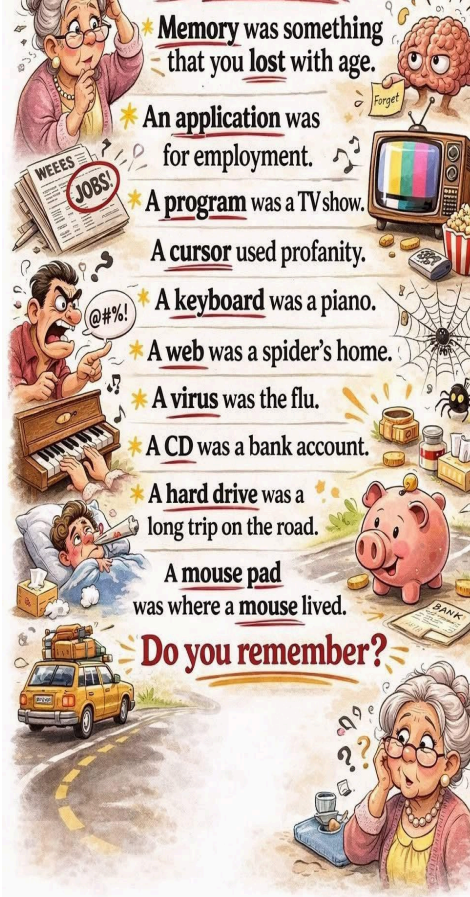
Dust a clean counter with flour and lay out the dough. Knead for a few minutes until dough is tacky (not sticky)

Roll out the dough to desired thickness and lay onto a greased or lined tray.

Top with your favourite pizza sauce and favorite toppings and bake for

Do you remember life before the computer?

Back when...



JOKE

A Husband brings a child home from kindergarten and asks his wife "he has been crying all the way home. Is he sick or something". "No" replies the wife, "he is just trying to tell you that he is not our Frankie".

YOUR BEST

If you always try your best
Then you'll never have to wonder
About what you could have done
If you'd summoned all your
thunder.

And if your best
Was not as good
as you hoped it would be,
You still could say,
"I gave today all that I had in me".

DID YOU KNOW

Our Vice President (Sue Mulcahy) is the new Liaison Officer for Seven Branches of the 60s up Movement. Sue has also been elected onto the National Executive Committee. Congratulations Sue.

THOUGHT FOR TODAY

Happiness is not determined by what's happening around you, but rather what's happening inside you. Most people depend on others to gain happiness, but the truth is, it always comes from within.



OUR THANKS TO LOTTO FOR SUPPORTING OUR TRIPS

about 15 - 20 minutes until cheese has melted and the crust is golden brown.		
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