



60s Up Movement of NZ Inc.

BIRKENHEAD BRANCH

OCTOBER 2026 NEWSLETTER

President: Edna Bulkeley 4838497/021-1216646

Vice President: Sue Mulcahy 021725464

Secretary: Kathy Heke 0274953095, Treasurer: Pauline Smith 0213204976

Trips: Fiona Healey 027-4480702/09 483-6335

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

PRESIDENTS REPORT

Good morning all. I am so happy to see the evenings getting lighter and enjoy a few days of sunshine. The trees are all in bud and the kowhai is looking stunning. Dare I mention the Christmas word yet? The list will be on the Trip table today for our Xmas lunch in November. Make sure you get your name down early as we will have limited spaces on the bus and van. We don't want to disappoint anyone. Also the October trip to the Wade River Tavern will be a lovely lunch trip this month. This morning we have the Browns Bay Ukulele Group to entertain us so please give them a warm welcome. I hope you all enjoy your morning and I look forward to seeing you all.

Edna



TRIPS

October 20th - Trip to Wade River Tavern at Silverdale for lunch.

Note: The bus leaves at 11.00 am from Verrans Corner, 11.05 am Beach Haven shops, 11.10am Cedar Centre 11.15am and Onewa Road at 11.20am. Cost \$40.

November 17th - Xmas Lunch at the Howick Country Club. Cost \$40.00. Bus leaves Verrans Corner at 9.00am, Beach Haven shops 9.05am, Cedar Centre 9.10am, Eskdale Road 9.15am, Onewa Road 9.20am.

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.

Please leave the front 4 seats on the bus empty for people who have 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 who is unwell. Phone 021725464

NOTE: In future any cash for trips or fees etc., must be put into an envelope with your name on it and given to Anna.

ENTERTAINMENT

October 13th - Ukulele Club

November 10th - Quiz

December 8th - Ryan (Singer)

Coming Up

Labour day 26 October.

Our National Website

<https://www.60supmovement.org.nz>

Check out what other branches are doing.



Lottery Grants Board
FUNDS FOR YOUR COMMUNITY

Our thanks to Lotto for supporting our trips

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.

Gold Coin Collection

Have your gold coin ready. Last day for collection is today. Charity of Choice - Starship Children's hospital.

DID YOU KNOW

Pineapples take 2 - 3 years to grow. Each plant produces just a single pineapple per harvest cycle.

Humans have no sense of smell while sleeping.

The human stomach acid is strong enough to dissolve a razor blade over time.

The human body produces an estimated 3.8 million new cells each second.

JOKE

Old Ms. Robinson went out into her backyard to do some gardening when she heard some noise coming from the yard next door. She peered over the fence and saw that her neighbour's little daughter was digging a hole. "Sally what are you doing with that shovel?" asked Ms. Robinson. "My goldfish died, so I'm burying him." replied young Sally. "Oh that's tragic. I'm very sorry for your loss. But why are you digging such a big hole for your goldfish?". "Because your goddamn cat ate it!"



THOUGHT FOR TODAY

Be thankful for what you have, and you'll end up having more. If you concentrate on what you don't have, you'll never have enough.

RIDDLE

What can you put in a bucket to make it weigh less. (answer - A Hole)

RECIPE

Baked sweet Potatoe

Ingredients

1 Large sweet potato
½ Tbsp Olive Oil
3 cherry tomatoes tomatoes
½ cup of chopped celery or spring onion.
¾ cup cheddar cheese (grated)

Instructions

Preheat oven to 425 F and line a baking sheet with parchment paper.

Cut sweet potato in half lengthwise and brush with olive oil. Bake sweet potato (cut side down) for 30 minutes or until cooked through.

Remove from the oven, allow to cool slightly and mash up potato flesh with a fork.

Sprinkle potatoes with the cut tomatoes and celery or onion and sprinkle on the grated cheese. Note: (You can use any filing.)

Return to the oven for 5 minutes until cheese is melted.



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