



# Hastings Branch

Newsletter 53

<b>President</b>	Reg CORBETT	8710286	corbee@ihug.co.nz
<b>Vice President</b>	Val ROUSE-SHAW	8794338	
<b>Secretary</b>	June WHITE	8785427	
<b>Treasurer</b>	Shirley O'SHAUGNESSY	8769405	

Please contact  
 Colleen Minogue 8783618  
 or a  
 Committee member if you  
 know of someone unwell or  
 who has lost a loved one.  
 It is always comforting to  
 receive a card or phone call  
 when the road gets tough.  
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60sUp Website  
[www.60supmovement.org.nz](http://www.60supmovement.org.nz)  
 Informative – Imaginative  
 A very interesting site.  
 Check out other Branches  
 Newsletters & Activities  
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 more sites for you to browse  
[www.eldernet.co.nz](http://www.eldernet.co.nz)  
[www.grownups.co.nz](http://www.grownups.co.nz)  
[www.elivenconnect.com](http://www.elivenconnect.com)  
[www.SeniorDaily.net](http://www.SeniorDaily.net)

Be proud of your  
 organisation.  
 Wear your badge when you  
 are out & about.  
 Badges are available - \$4.00  
 Badge discount for new  
 members signing up.  
 J A will is a dead giveaway.  
 J It is *impossible* to lick your  
 elbow.

Meet second Tuesday of the month – St Mark Church Hall – corner Park Rd & Queen St – 10am – 12. \$2 entry. Tea, Coffee & Biscuits. Sales Table, Raffles & Entertainer or Speaker.  
 An organisation for the older person promoting enjoyment of life.  
*Everyone welcome – Come and Join Us*  
 Entertainment for **April** – Choralairs – a group of very talented singers.

Our speaker in February sure had us thinking more about our hearts & we all have lost 2cm from that waist, an extra celery stick with our healthy salad & added another block to the daily walk ..... *haven't we?*

**SUBS** 60sUp Annual subscription (\$8) **need to be paid by 31<sup>st</sup> March** - please help Shirley balance the books and pay as soon as possible.

**National AGM 27<sup>th</sup> – 29<sup>th</sup> June – Solway Park Hotel - Masterton** \$56 night pp share twin. Your responsibility to make Hotel booking. Should there be enough interest in attending, we *could* look at hiring a Mini Bus. More discussion on this at our meeting today.

This is also a very good time to remind you of our **own** AGM in May. Nomination forms will be attached to your April Newsletter, meantime think about the contribution you could make as a committee member – with new ideas for speakers/entertainment/bus trips – *come on men it's not just a women's domain*, I am sure Reg would appreciate your backup!! .... you are welcome to 'sit in' on a committee meeting held at the RSA 4<sup>th</sup> Tuesday of the month - 10am – to see what it is all about .... followed by a bar lunch (own cost)

Where have *you* used your **GOLD CARD**? Mitre 10 Mega, Spotlight, Mad Butcher, Baby City, can you add to the list? Mad Butcher is also the supplier of our Raffle Meat.

**WALKING GROUP** – Now is the time to join Neville & his band of walkers out enjoying the companionship & gardens of our lovely Havelock North village before Autumn sets in. Group meets on Mondays at 9.30am at different starting points so contact Neville for this months route.

Check the notice board flyer for more details of trips to come with Coral Atkins ....Andre Rieu, Chatham Island, Bridge To No – Where & Norfolk Island. Cruise Hawaii 9<sup>th</sup> – 20<sup>th</sup> Sept \$4885 insurance included. More information contact Coral ph 8768734 V ®

**Cinema Lovers**  
**'Mao's Last Dancer'**  
 Wed 10<sup>th</sup> March  
 Cinema Gold  
 Havelock North  
 2pm – Duration 1hr 57  
 More details contact  
 Natalie 8710286

**Walking Group:** Contact Neville Eastwood ph 8787989 every Monday – 9.30am - starting points differ "

**Card Group:** V RSA TAB Room - afternoon following our meeting. Beginners welcome Contact Kath Lee ph 8768890

**Newsletter:** Contact Molly Ballantyne ' ph 8769102 appreciate *your* contribution

ä **Luncheon Group**  
 alf alfa  
 old DB Heretaunga – end of Orchard Rd  
 Another excellent turnout (19) for our enjoyable luncheon at the Thai Hut  
 Need more information about this months luncheon  
 contact Faith ph 8784517

**Book Lovers**  
**'MARLEY & ME'**  
**Jon GROGAN**  
*(life & love with the world's worst dog)*  
 and by the same Author  
**'THE LONGEST TRIP HOME'**  
 A memoir

Milk & Wine Bottle Tops, Old Cards/Calendars, Broken Plates etc suitable Ceramics. Can Tags, Wool Scraps – your continuing support is greatly appreciated.

**Answers to - A FLOWER WEDDING – Competition**

The Bridegroom lived on a hill, but the Bride was a **Lily Of The Valley**. At first the Bride's Father, as the **Anemone** threatened the Bridegroom with a **Red Hot Poker**. Then seeing that the house was well furnished owing to the Bridegroom's **Thrift**, he ordered **Canterbury Bells** to peal out. It was a winter wedding and in the morning the Bride saw the **Snowdrop**. Guest's came to the church in **Phlox**. The Bride's Mother was dressed in **Heliotrope**. The Bridegroom with **Honesty** written on his face felt himself growing **Pink** as he waited for the Bride to arrive on **Thyme**. She walked up the aisle as the congregation **Rose**. She wore a wreath of **Orange Blossom** on her hair. The Bridesmaids, whose names where **Iris** and **Heather** wore picture frocks in **Delphinium Blue**. The Bride whispered to the groom **Sweet William**, he whispered **May**! and kissed her.



**Quick Microwave Steamed Sponge Pudding**

- 75gm (6ozs) Flour
- 75gm (3ozs) vegetable suet (SHREDDO)
- 1 tsp Baking Soda
- 1 large Egg
- rind & juice of 1 small or half a large Orange
- 50gm (2oz) Br Sugar
- 2 tsps Ginger
- 1Tablsp Golden Syrup
- 150ml Milk
- 4Tablsp Jam ( Cream &/or Custard to serve)

Butter the inside of 4 wide microwaveable mugs or dishes. (Ramekins good) Spoon a Tablespoon of your favourite jam into the bottom of each dish. (Golden Syrup in place of jam for a yummy syrup pudding)) Tip all other ingredients into a bowl & mix with wooden spoon until smooth. Divide the mixture between the four greased dishes. Cut a circle of greaseproof paper to cover each dish & fix tightly in place with rubber band. Place in microwave & cook on medium setting (750W) for 5 mins. Leave puddings to stand in microwave a further 5 mins before removing the paper..... eat & enjoy.

*thanks to Jamie Oliver & Women's Day magazine*



U il ex ime  
 keep smili g  
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