

Older & Bolder

NEWSLETTER

February 2014

Older Women's Network Inc. – PO Box 34-383, Birkenhead, North Shore, Auckland 0746. – Email: olderwomensnetworkns@gmail.com

Past, Present, Future

*Tell me, tell me, smiling child,
What the past is like to thee?
“An Autumn evening soft and mild
With a wind that sighs mournfully”.*

*Tell me, what is the present hour?
“A green and flowery spray
Where a young bird sits gathering its power
To mount and fly away”.*

*And what is the future, happy one?
“A sea beneath a cloudless sun;
A mighty, glorious dazzling sea
Stretching into infinity”.*

Emily Brontë

The best OWN Festival yet!
The Ideas of March Saturday, 15 March, 2014
Brochure is enclosed – Read, Review, and Register!

“We celebrate, honour and empower older women”

Dear OWN members ...

Happy New Year to you all! I hope 2014 has started well for you. The OWN year has certainly got off to a good start with the annual picnic being held in February and the OWN Festival in March. The Festival programme is interesting and varied, so remember to send your registration form back straight away to ensure you get into the workshops of your choice (see the enclosed brochure for all the details).

The beginning of the year is the time for making new resolutions and the Committee is doing some serious thinking about the future of OWN. Some of you will remember a very successful **Ideas Workshop** we held a few years ago, where we got into small groups and had some robust discussion about where we saw OWN going. Many of the ideas from that workshop were taken on-board and changes for the better were made.

This year we have decided to hold an **Open Committee Meeting** so we can again look at the big picture. One of the questions we will ask ourselves is “Do we

Open Committee Meeting
When: 1:00pm – 3:00pm,
Friday, 14 March
Venue: The Lounge Room
The Mary Thomas Centre,
3 Gibbons Road, Takapuna
Cuppa and biscuits provided.

continue with OWN as it is?”, and if so, what’s working well and should continue, what could be improved, and what new ideas can we initiate?

There is a lot of vitality, creativity, and initiative in our organisation and we want to tap into this. Why don’t you use your Gold Card, grab a bus to Takapuna, and join us? We can promise you a convivial couple of hours. I hope to see you there.

Edna Peters
Chairperson



**Emily
Brontë**
(1818 – 1848)

To most of us *Emily Brontë* is known as the author of the classic novel **Wuthering Heights**.

She lived with her sisters and brother in Haworth, in the West Riding of Yorkshire, where her father, an Anglican clergyman, was employed. Her poems, with those of her sisters *Charlotte* and *Anne*, were first printed in one volume as **Poems** by the publisher *Currer, Ellis and Acton Bell*.

Emily had a solitary and reclusive nature, and rarely went out unless to church or for long walks on the moors. She tried teaching, but was too homesick, and spent her life at home, writing and keeping house for her family.



Reminder ...

Annual Subscriptions Due

We need your subscriptions! If you have not done this yet, please act immediately, if not sooner!

If you have any queries, please contact the OWN Treasurer, *Barbara Heath*, ph: 419-0026.

Many thanks!

Up-coming Events ...

Afternoon Picnic & Pétanque

Bring a little afternoon tea to share, a hat, sunnies, suncream, and boules if you have them.

The *JF Kennedy Memorial Park* terrain is lovely and shady for a picnic and a game of pétanque (some members of the *JF Kennedy Memorial Park Pétanque Club* will be on hand to give us some tips). Stunning views from a lovely park. Meet friends old and new.

When: 3:00pm – 5:00pm
Saturday, 15 February

Venue: *JF Kennedy Memorial Park*,
Beach Road,
Castor Bay
(lots of
parking)

Cost: Free



For more details,
please contact
Edna, ph: 445-8452,
or *Audrey*, ph: 489-6035.



OWN Festival Saturday, 15 March

**Register
Now!**



The Ideas of March
Come and celebrate
See the enclosed brochure
for more details

Seasonal Ceremonies & Celebrations



Autumn Celebration

Date & time to be confirmed

We welcome all members and their friends. For more information, please contact *Linda Tisch*, ph: 418-2971.

OWN AGM 2014

This is your opportunity to vote in the election of the officers and *Committee* for 2014, followed by a special guest speaker.



Details of the guest speaker and the forms for electing the *Committee* will be sent out with the **Oh! What Next?** at the end of March.

When: 10:30am – 12:30pm,
Saturday, 19 April

Venue: Bays Community Centre,
Glen Road, Browns Bay

Please bring a small plate of finger food for a shared lunch afterwards.

For more information, please contact *Edna*, ph: 445-8452, or *Patricia*, ph: 479-7519.

Writing Group Open Day

Full details will be included in the March issue of **Oh! What Next?**

When: 10:30am – 1:00pm
Saturday, 17 May

Venue: To be confirmed



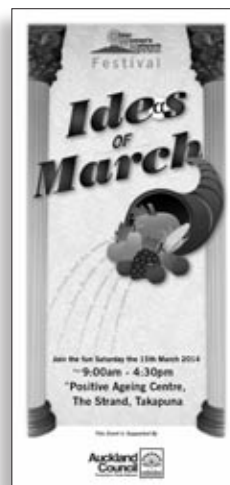
Remember to check out our website for news, pictures, events, etc.
www.olderwomensnetwork.org.nz

Dame Cath to Open OWN Festival

Former Auckland Mayor *Dame Catherine Tizard*, a woman of wit and wisdom, has agreed to open the **Ideas of March Festival** at the *Positive Ageing Centre* in Takapuna, on Saturday, 15 March (see the enclosed brochure for more details).

With our 'Roman' theme, you are welcome to turn up in your toga with vine leaves around your head, but just as welcome in modern dress.

The **OWN Festivals** are a wonderful way to meet new women, and everyone is welcome. **So spread the word and register now!**



OWN Group Contacts

Saturday Events / Workshops

Meets on the third Saturday of each month. For more details, contact *Edna Peters*, ph: 445-8452.



OWN Theatre Group

Exploring more theatre visits and other activities. For details, contact *Joan Lardner-Rivlin*, ph: 483-9671.

OWN Discussion Group

Meets on the second Tuesday of each month. For more details, or contact *Julia Masters*, ph: 483-6258.



Rummikub Club

A good way to keep your brain active. For more details, contact *Dawn Watson*, ph: 414-5351.

OWNs Alone Lunch

Meets on the last Sunday of the month for lunch, and at other times. For more details, contact *Judith Sumich*, ph: 478-6618.



Tai Chi for Older Women

For more information, contact *Susan Pichler*, ph: 478-5569.

OWN Coffee Meetings



See page 5 for news about these Groups



The *Shore Group* meets fortnightly at various venues. For more details, contact *Audrey Kendall*, ph: 489-6035.

Writing for Our Grandchildren

Browns Bay Group

Meets on the second Saturday of each month. For more details, contact *Edna Peters*, ph: 445-8452, or *Patricia Russell*, ph: 479-7519.



Beach Haven Group

Meets on the fourth Saturday of each month. For more details, contact *Anne Mutu*, ph: 483-7704.

Seasonal Celebration Group

Meets throughout the year to celebrate the seasons and cycles in our lives (see **Seasonal Celebrations** on page 3 for the next date). For more details, contact *Linda Tisch*, ph: 418-2971.



OWN Coffee Meetings Shore Group

Group meets at 10:30am
(unless stated).

Thursday, 13 February
Tongue & Groove Café,
55 Birkenhead Avenue,
Birkenhead

Thursday, 27 February
Ferry trip to *Pine Harbour*.
Leaves Pier 3, Downtown
Ferry Terminal at 10:00am,
returning approx. 2:00pm

Thursday, 13 March
Navy Museum Café, 64
King Edward Parade,
Torpedo Bay, Devonport

Thursday, 27 March
Lunch at the *RSA Western
Springs*. From Britomart
Station, Downtown by bus
7041 (time to be advised)

Thursday, 10 April
Kings Plant Barn Café,
11A Porana Road, Glenfield

Thursday, 24 April
Trip to *Auckland Botanical
Gardens* by train from
Britomart Station,
Downtown (time to be
advised)

Thursday, 8 May
Palmers Planet Café,
65 Greville Road, Albany
(entrance from Hugh Green
Drive)

For more details,
please contact:

Audrey,
ph: 489-6035
or *Barbara,*
ph: 419-0026



Deck Chairs

Remember, the simple, striped inhabitants of the seaside resorts. They were also the usual chairs to be found in Grandma's garden. They could take a little time to assemble and even be hazardous to erect and often contributed to frayed tempers and family arguments.

When *P & O* set sail in the 1840s with cruises to India and the Orient, chairs appeared on open decks to enable passengers to gain the benefits of breathing in fresh sea air. In the mid-1880s, *John Thomas Moore* saw a gap in the market for a lightweight, folding seat that could be used on-board ships. He took out a patent in 1886 and proceeded to manufacture them in his Cheshire workshop. Hence the name: deck chair.

Today, the old-fashioned deck chair has been taken over by more modern outdoor chairs fashioned in light alloy and plastic, but many of the originals are still treasured family possessions, kept in summer houses, garden sheds, and beach huts, and some are still used on the newer cruise liners.



OWN Coffee Meetings Bays Group



We still need someone to co-ordinate coffee groups
in the East Coast Bays – could it be you?

Very easy, lots of fun, a great way to
meet people. If you are keen, contact
Edna Peters, ph: 445-8452.



1914 – The Year That Changed the World

We began hearing a lot about “the war effort” and people stopped saying the “war would be over in six months”, or even “a year”. Whenever I came home from school, the house was full of women clicking knitting needles and manipulating dark wool, and making huge quantities of socks, vests, mittens, and mufflers, as well as sewing pyjamas and shirts. Mum ran *Red Cross* classes with first aid and bandage rolling.

Nora Pennington, the good little girl who had written the composition about Gallipoli, was the school’s champion sock knitter. At lunchtime and recess she sat with her ankles neatly crossed and her boots buttoned, turning the heels of the socks very prettily.



Text taken from *The Half Light* by David Gleason and Jacqueline Kent, published by Doubleday, Sydney.



Trisha's Recipes

Fresh Summer Fruit Cake

Trisha is on a voyage on the high seas with her family as we go to print, so here is a quick and delightful recipe – it is ideal to take to a barbecue.

Ingredients

- 1 – 1¼ cups Flour
- ¾ cup Sugar
- 120 grams Butter (melted)
- 2 Eggs
- 4 cups Seasonal Fruit (approx., sliced)
- 2 tablespoons Sugar (for topping)

Method

1. Blend flour and sugar. Add the melted butter.
2. Pour the mixture into a greased, loose-bottomed 24cm cake tin.
3. Slice the fruit, leaving the skin on. Any stone fruit is good (great for this time of year). If you make it in winter, then drained canned fruit is fine.
4. Place the sliced fruit on top of the cake mixture, piling it up and pressing down a little. If you take time to arrange it artistically, it looks very professional!
5. Sprinkle with sugar.
6. Bake at 180°C for approximately 1 hour.



Taken from *Simply the Best* by Annabelle White and Kathy Paterson, published by New Holland Publishers (NZ) Ltd.



Enjoy!

My Parents



My parents were both born in Leeds, England. Dad in 1913 (the eldest of seven children) and Mum in 1915 (the youngest of 10 children). Dad had to leave school at 14 years old and learn a trade to help support the family – he became an upholsterer. Mum got a job as a wages clerk in the office of a clothing manufacturer.

Dad had always been interested in psychology and went to a lecture on the subject. Mum was a member of the same club. This is the way they met, and later married in 1937.

Dad decided he wanted better conditions for his future children, especially as he could see a war coming. Dad told me he chose New Zealand because he looked at a map and saw that Auckland, New Zealand was on a similar latitude to the French Riviera!

By selling some of their furniture, Mum and Dad managed to raise enough money for Dad to pay for a single passage to

New Zealand. He got a job with an upholsterer in Auckland. His boss was kind enough to advance him the money for Mum's passage out. This debt was deducted from Dad's weekly wage.

Mum got a berth on the last passenger ship which left England before war was declared. It wasn't a pleasant trip – there was a strict 'black-out' and the ship zig-zagged through the dangerous seas.

Mum and Dad started life in New Zealand with ten pounds sterling and a double mattress!



A few years later Dad saw a hypnotism show advertised. Intrigued, he went along. After watching the show for a while, Dad had a revelation. "I can do this!"

Within a short space of time, Dad was travelling the country doing his own hypnotism shows. However, it was the people who came backstage after a

performance, asking him for help that changed his life. Hypnotism was fine for entertainment, but how much better to be able to help people, help themselves. Gradually Dad developed a therapy. It consisted partly of asking questions to expose the problems buried in their subconscious.

In the 1940s and 1950s, many people with psychiatric problems were given shock treatment and / or lobotomies, and so often this didn't work. A few of these people found their way to Dad and he managed to help them.

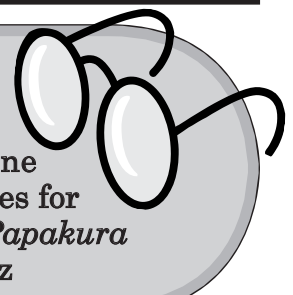
This did not make him popular with 'the powers that be'. He had to appear before a panel of psychiatrists (I would have loved to have been there) – they didn't have a chance! He was never bothered by them again.

Dad was intuitive and inventive. He was always questioning and searching

Continues ...

The Eyes Have It!!

Take a look around your cupboards and drawers – have old specs you no longer need? They can make a real difference in someone else's life. *The Lions Club* do a great job recycling spectacles for people in the Pacific Islands. Contact the *Barry Thrupp, Papakura Lions Club*, ph: 299-7710 or email: patandbarry@xtra.co.nz



... continued.

for answers. Gadgets were his passion. Always looking for methods to make things easier and more efficient. Mum benefited from this. One of the items was an adjustable beach chair without legs that he made for Mum. If only he had patented some of his inventions and ideas. Years later they often turned up on the market, created by someone else. The same happened with his ideas on therapy.

Aside from seeing people as a 'Personal Consultant', Dad also gave lectures. Money was never important to Dad. In fact, one of his clients (who had been given three months to live by her doctor) was so impressed with the

therapy, and so unimpressed with Dad's business sense, that she appointed herself as his receptionist, and then proceeded to send out accounts!

This lady (who was of independent means) did this job for many years (free of the complaint that originally heralded her "early death"!). This was great for Mum, as she was the one who had to budget so our family could survive. At least this way she could rely on some income.

Dad brought about changes in many people's lives. Without his outlook and perceptions my recovery from the accident I had as a child would have been very different.

Trisha Mindel

Brodie Truths

The effectiveness of *The Brodie Method of Exposing and Using the Subconscious*® is based on these truths ...

- ❶ The subconscious is re-programmable.
- ❷ You have your own unique track to freedom.
- ❸ Every person is a blue-print of the human race – know yourself and you will know everyone else.
- ❹ Intelligence is the ability to learn from experience – your own.
- ❺ You can only depend on what you know – not what you feel, think, or believe – these are for gamblers.
- ❻ Wisdom is knowing how to use knowledge.
- ❼ What you are looking for, is where you are looking from.

An ANZAC Memorial

This tribute to the memory of the ANZACs by M. Kemal Atatürk was written in 1934. He also founded the Turkish Republic in 1923.

Those heroes that shed their blood and lost their lives,
You are now lying in the soil of a friendly country,
Therefore, rest in peace.
There is no difference between the Johnnies,
And the Mehmeds, to us where they lie side by side,
Here in this country of ours.
You, the mothers, who sent their sons from far away countries,
Wipe away your tears.
Your sons are now lying in our bosom and are in peace,
After having lost their lives on this land,
They have become our sons as well.



Traveller's Tales

Ce N'est Pas Drôle



It was our second day in Marseille in the south of France. *Graham* and I were relaxed and happy, looking forward to the ride on *Le Petit Train* from the Old Port to the majestic Basilica of *Notre Dame* which dominates the Marseille skyline.

But fate was to intervene.

Before I continue, I must tell you about the Marseillaise attitude to traffic. I can't find one word to sum them up. Mad, rude, arrogant, thoughtless, selfish, stupid – take your pick. Regulations? Well they just ignore them. They park all over the pavement and pedestrian crossings, and they have a healthy disregard for traffic lights. As they stop to wait for the red light to change, they rev up loudly, so that they can be first off the 'starting line' when the lights turn green.

The pedestrians are just as bad. They completely

ignore the lights and dodge around the cars and motorbikes, of which there are plenty. Mind you, I wasn't yet aware of it on this, my second day in Marseille.

To continue.

On reaching a pedestrian crossing, and seeing plenty of other people on it, I stepped into the road. Suddenly I heard *Graham* yell out, "*Edna!*"

I froze, completely unaware of the phalanx of motorbikes and cars rapidly bearing down on me. Yes, the lights had changed and I hadn't noticed.

A blow on my left hip sent me flying. From my dazed position on the ground I saw a small crowd gather. Someone helped me up, I was found a chair, and, while a young woman called an ambulance, her husband roundly abused the poor shaken young motorcyclist who had



parked his motorbike and was hovering anxiously over me. The ambulance quickly arrived and from it emerged four very handsome, strapping, young firemen. They gallantly helped me into the ambulance and strapped me in.

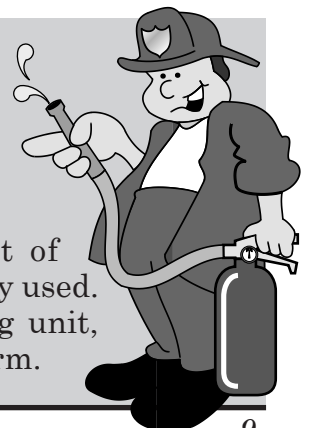
Graham whipped out his iPad and began taking photographs. It was all so ludicrous we both began laughing.

Continues ...

Did You Know?

In France the fire brigade is known as "sapeurs-pompiers", except in Marseille, where "marins-pompiers" (naval "sailor-firemen") provide fire and rescue services.

"Pompier" ("fireman") etymologically comes from the concept of pumping and refers to the manual water pumps which were originally used. "Sapeur" means "sapper" and refers to the first official firefighting unit, created by *Napoleon I*, which was part of the military engineering arm.



... continued.

Graham was rebuked by one of the firemen saying, "Ce n'est pas drôle" ("It's not funny").

The ambulance sped, siren sounding, to the hospital, while I was tended to by my lovely French firemen.

Miraculously, all I had was a massive bruise above the elbow on my right arm, and a bit of a stiff neck. I was shunted into the waiting room.

An hour later, seeing that the packed waiting room had lessened by only one patient, and that the sun was beckoning

me outside, I decided to forego the hospital examination and continue my day as planned.

We escaped the waiting room and made our way to the Old Port to finally catch the "little train" to the Basilica.

Edna Peters

Remember *The Good Life*?



Barbara Heath is a "lifetime learner". On her appointment as the OWN Treasurer some years ago she took herself off to perfect her skills in Microsoft Excel, and this year she has taken on study of a different nature.

One evening in the middle of last year, an advertisement in the *North Shore Times* caught my eye. It was a horticulture course.

Since my retirement, I have been enjoying my garden and in the past three years I have developed two fairly large vegetable plots. To take a course on horticulture seemed like a great way to learn more, enjoy my garden more, and also be more self-sufficient in the fruit and vegetable area. So I enrolled.

The course, run by the *Open Polytechnic*, is free. There is a cost involved with purchasing books, but often the required reading can be found at the public library.

Twelve units of work are done over a year, in my case September to July. You don't pass or fail, you have to be "competent".

We started with Plant Propagation and then went on to Soil Science, which is very important – as a comedian of long ago kept

saying, "the answer lies in the soil". So far we have covered the structure of plants, pruning, weeds and their control, and pests, diseases and disorders. The next few assignments are at a higher level – the course is a mix of Levels 2, 3, and 4 tertiary unit standards.

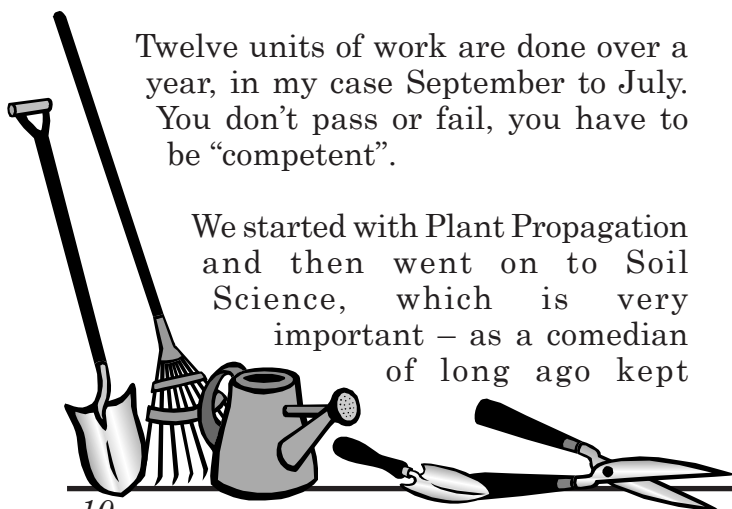
There is usually a lecture once or twice a month and follow-up practical workshops, so far at the *Botanical Gardens* and *Unitec*. The class is a mix of ages, sexes, and races, so there are some interesting discussions.

These courses are advertised quite often and are really worthwhile. I thoroughly recommend this course to those who are interested in horticulture and want to see their garden grow and grow.

Barbara Heath

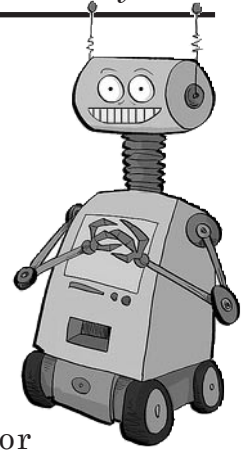
For more information about the Open Polytechnic and the variety of courses they offer, visit the website: www.openpolytechnic.co.nz

Open Polytechnic
KURATINI TUWHERA



Future Perfect?

In November 2013, Professor Christine Stephens and Associate Professor Fiona Alpass of the Massey University School of Psychology contributed an article to commemorate the NZ Herald's 150th anniversary. Many OWN members will remember Fiona Alpass' visit to us in 2012. Here are some snippets from the article, including extracts on housing and health which make good reading ...



Rather than worrying about the effects of our ageing population on society, we should be looking at the opportunities it could provide for individuals and the economy.

Housing

There will also be shifts in the ways that we live. In addition to seaside spots and gated retirement villages, there are changes happening in Europe and the United States that suggest a wider variety of options for older people's housing.

One of these developments is shared spaces, not 'flatting', but systems of attractive communal housing that are becoming increasingly popular. There

are different models or arrangements in which individuals have private apartments with shared communal facilities and systems of shared meals, or attached restaurants and bars.

An important feature of these housing arrangements is that they are part of the wider community, rather than being separated and gated. Because loneliness is a major problem among the aged population now, these arrangements should be supported by public policy.

A feature of some of this purpose-built communal housing is that supportive

Continues ...

The Yangtze River



In October 2012, *Richard* and I went on holiday to China. During our tour we spent five days on a boat, cruising down the Yangtze River (called Chang Jiang in Chinese). I wrote the following observation as we travelled down the river ...

Trees stand along the sloping banks of the Yangtze,
enveloped in vines.

Like ghosts, swaying and staggering,
determined to reach the life of the river.

The green leaf armour, weighing heavily on their branches
hinder their progress, as they move blindly through the smog.

But this river will bring them no sustenance.

The thirst of a nation has sapped the might and left only
polluted remains.

These ghost trees bear witness to the past.

And their future seems doomed.

Cherrie Keane

... continued.

arrangements can be made to stay at home for the rest of one's life. Although people have widely different preferences for their living arrangements as they age, nobody wants to end up in a nursing home for dementia patients. Sadly, that is the main option at present, but with revolutionary Dutch models of care leading the way, the hospital-style version of nursing home care should become a thing of the past.

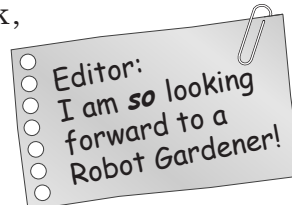
Health Services

With a growing focus on prevention of disease and community care for those with disabilities, health care costs should diminish. There will be a greater use of technology by older people. This will include:

- More sophisticated mobility aids, which will allow independence for those

whose eyesight, hearing, and movement are compromised.

- Smart houses will include management of climate and heating for very elderly people, monitoring of movements for those at risk, robots for cleaning and dispensing care, and instant communication when help is needed.



- Telehealth, or the delivery of health-related services and information via the phone or internet. Telehealth for elder care is already in wide use in Australia and being trialled in New Zealand. It is predicted to become a major way in which health care is delivered as it improves clinical responses and health outcomes and reduces isolation.

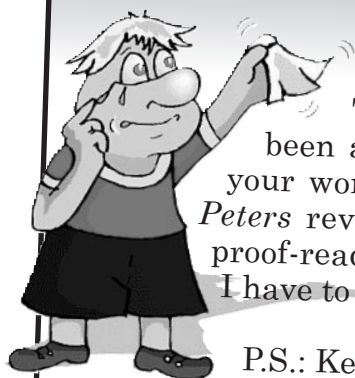
The full article can be viewed on the NZ Herald website at tinyurl.com/OWN-Feb2014. In the meantime, our future is what we make it. OWN is as good as the people who believe in it. Have you thought about making a contribution by joining the OWN Committee? Helping with a group? Think on it, but not too long ...



“While we stop to think, we often miss our opportunity.”

Publius Syrus (writer, 1st century BC)

Thank You So Much!



This is my last issue of **Older & Bolder** as Editor. It has been a real privilege and pleasure working on the newsletter – all your wonderful stories, poems, submissions are a joy. We have *Edna Peters* reviewing, and *Patrica Russell* doing her wonderful eagle-eyed proof-reading. I have done all sorts of things since joining *OWN*, but I have to confess working on the newsletter has been my “fave”!

P.S.: Keep the material coming, after all ...

Anne Briggs

“It takes a variety of people to challenge us, encourage us, promote us, and, most of all, help us achieve a broader dimension of ourselves.”

Glenn van Ekeren (author)