

More Matter for a May Morning

William Shakespeare, Twelfth Night

Do you know what was celebrated on 12th May?

Here are a couple of clues ...



The Owl and the Pussy-cat went to sea
In a beautiful pea-green boat.
They took some honey, and plenty of money
Wrapped up in a five pound note.
The Owl looked up ...

Edward Lear

There was a young lady of Niger
Who smiled as she rode on a tiger.
They returned from the ride
With the lady inside,
And the smile on the face of the tiger.

Unknown



See page 5 for the answer!



“We celebrate, honour and empower older women”

Dear OWN members ...

The OWN AGM is over and we have officially 'come of age'. Our OWN Committee is raring to go, and the new Events Group has had a meeting and are busy preparing a feast of activities for the rest of the year.

Of course, if you were unable to get to the AGM and would like to participate in the Committee, or the Events or Festival planning groups, we would be overjoyed – new ideas, energy, and enthusiasm are always welcome, and are vital for growth.

Sadly we said goodbye at the OWN AGM to three long-standing OWN Committee members – Anne Briggs, Barbara Heath, and Trisha Mindel. Sincere thanks for all your hard work over the years. Your enormous input will be missed!

We tried having the OWN Festival at a different time this year. But the *Ides of March* turned out to be a *Mad March Day* with cyclone *Lusi* threatening to spoil things. However, we decided not to cancel, and had over 40 people brave the weather, and a jolly good time was had by all, as you will see from the photo spread on pages 6 and 7.

The OWN Festival, and the monthly events, provide an ideal opportunity for all of our members to meet each other and interact. This interaction strengthens the organisation and inspires those people who work on the various committees to keep giving of their time and energy.

This **Older & Bolder** has had a new team working on it. It's always amazing to me

to see how our women will give anything a go. My NLP teacher told us, "If a job is worth doing, it's worth doing badly." This maxim went against all my mother had taught me, but I knew what he meant. If you're too scared to give something a go in case you fail, you'd never do anything. So if you think you have even the tiniest bone of wordsmith talent, come and help to put the next newsletter together.

I hope to meet you all at some of our events. So welcome to another OWN year of fun and friendship, especially to our new members.

Edna Peters
Chairperson

OWN Committee 2014 - 2015

Chairperson: *Edna Peters*

Committee: *Betty Faesen*
Gloria Howe

Treasurer: *Beate Matthies*

Audrey Kendall
Joan Lardner-Rivlin

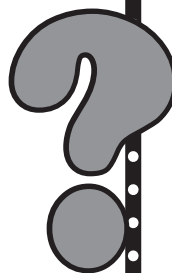
Secretary: *Patricia Russell*

Julia Masters



Did You Know ...

- The opposite sides of dice always add up to 7.
- Cubical dice have been found in Chinese excavations dated to c.600BC and in Egyptian tombs dated to c.2000BC.
- *Fortuna*, the Roman Goddess of Luck, was believed to control the outcome of dice. She was often referred to as "*Lady Luck*".



Wanted

New Ideas & People

The OWN Committee and the Events Planning Group are always looking for more ideas which will add to our members' enjoyment and wellbeing.

Any ideas of stuff to do? Would you like to be part of the organising team?

Contact *Edna Peters*,
email: edna@pl.net
ph: 445-8452

Up-coming Events ...

Lady Luck & Limericks

Our board and card games event will be fun, social, and an opportunity to meet other members in a relaxed and friendly environment. We've got some old board game favourites and some new ones to introduce.



Our **Limerick Competition** (see page 5 for details) winners will also be announced and you will have the opportunity to listen to all the entries. We promise you lots of fun and laughter ... and there will be prizes for the winners!

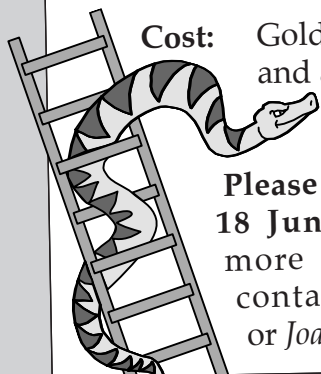
When: 10:15am – 12:30pm
Saturday, 21 June

Venue: Rothesay Room,
Bays Community Centre,
Glen Road, Browns Bay



Cost: Gold coin to cover room hire and a small plate to share (\$5 for non-members)

Please register by **Wednesday, 18 June** to edna@pl.net. For more information, please contact *Edna*, ph: 445-8452, or *Joan*, ph: 483-9671.

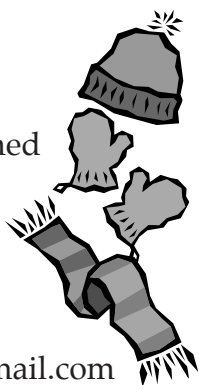


Seasonal Celebrations

Winter Solstice

Date and time to be confirmed

We welcome all members and their friends. For more information, please contact *Linda Tisch*, ph: 418-2971 or email: tisch.geoffandlinda@gmail.com



What is Ageing?

Or How to Make

Lemonade from a Lemon

An experiential workshop to explore better ways to cope with daily life, while maintaining mental and physical wellbeing. Facilitator *Noa Gross* ran the successful **Wisdom & Age** workshop at the **OWN Festival**.



When: 10:15am – 12:30pm
Saturday, 19 July

Venue: Rothesay Room,
Bays Community Centre,
Glen Road, Browns Bay

Cost: \$5, plus a small plate (\$8 for non-members)

Please register by **Wednesday, 16 July** to edna@pl.net. For more information, please contact *Edna*, ph: 445-8452, or *Joan*, ph: 483-9671.

Bella Notte

Our mid-year social event continues the Italian theme. Enjoy a pizza, *Marisa's OWN Festival* bruschetta, a glass of Vin Brulé, and croon along with some 'bella musica' from the 1950s (*Frankie, Dean, Perry*) with our wonderful *Has Beens* (*Rae, Marin, and Helen*).

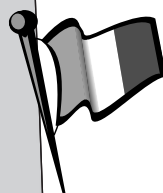
Not to be missed!

When: 5:00pm – 7:00pm
Friday, 15 August

Venue: To be advised

Cost: \$5, includes food (\$10 for non-members)

For catering, please register by **Wednesday, 13 August** to edna@pl.net. For more details, please contact *Edna*, ph: 445-8452, or *Joan*, ph: 483-9671.



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

Tai Chi

A limited number of places have become available in the **Friday Tai Chi Class**

This doesn't happen very often, so be in quick!

For more details, contact
Susan Pichler
ph: 478-5569



Creative Drawing Art Classes

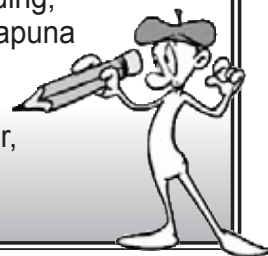
Tuition Free

Learn in a relaxed way, keeping your brain and heart active, having fun, and discovering new ways to creativity with *Heloisa Barczak*

For all levels – beginners welcome!

Classes held every Tuesday, 2:00pm – 4:00pm
Takapuna Community Services Building,
7 The Strand (next to the library), Takapuna

For more detail or to register, please contact
Fran Woods, Takapuna Community Co-ordinator,
ph: 486-8400 ext 437257, mob: 029-201-2975,
email: office@takapunatrust.org.nz



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 Coffee Meetings

The *Shore Group* meets fortnightly at various venues. For more details, see page 5 or contact *Audrey Kendall*, ph: 489-6035.



OWN Discussion Group

Meets on the second Tuesday of each month. For more details, 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.

Writing for Our Grandchildren

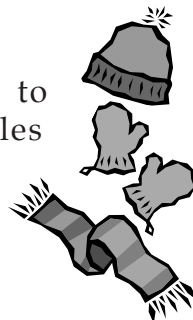
The *Browns Bay Group* meets on the second Saturday of each month. For more details, contact *Edna Peters*, ph: 445-8452, or *Patricia Russell*, ph: 479-7519.



The *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.



Tai Chi for Older Women

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

OWN Coffee Meetings Shore Group



Thursday, 22 May

Gold Card bus trip to the *Silverdale Shopping Centre*. Bus 895 leaves Takapuna from platform 3 at 10:15am and stops at many places along the way. Visit the Maxx Journey Planner website at maxx.co.nz to find a stop near you.

Thursday, 12 June

Mangiama Café (at 10:30am), Green Gables Mall, 7/378 Beach Road, Mairangi Bay.

Thursday, 26 June

Lunch at the *East Coast Bays RSA*, 15 Bute Road, Browns Bay. Meet in the Dining Room at 12:00 noon. Use your Gold Card for the bus.

Thursday, 10 July

Little King Café (at 10:30am), 132-136 Kitchener Road, Milford. Parking is easier around the corner in the shopping centre.

Thursday, 24 July

Mid-winter Christmas Dinner at the *Birkenhead RSA*, Recreation Drive (off Birkenhead Avenue), Birkenhead. Meet inside at about 12:00 noon.

Thursday, 14 August

Ravenhill Café (at 10:30am), 98 Hinemoa Street (corner of Rugby Road), Birkenhead.

Thursday, 28 August

Gold Card train trip to *Sylvia Park Shopping Centre*. Meet at 10:30am at Britomart Train Station, Auckland Central at the coffee café by the ticket counter.

For more information, please contact **Audrey**, ph: 489-6035, or **Barbara**, ph: 419-0026.

12th May is Limerick Day!

A limerick is a short, comical, and almost musical poem that often borders on the nonsensical (and sometimes rude). It was popularised by *Edward Lear* and **Limerick Day** is celebrated each year on his birthday, 12 May.



Usually a limerick has five lines – the first, second, and fifth rhyme with each other, and the third and fourth rhyme with each other. The following limerick is of unknown origin:

The limerick packs laughs anatomical
Into space that is quite economical.
But the good ones I've seen
So seldom are clean
And the clean ones so seldom are comical.

In 1846, *Edward Lear* published **A Book of Nonsense**, a volume of limericks that went through three editions and helped popularise the form.

Limerick Competition

Come on – give it a go!

Write us a limerick and email it to edna@pl.net. The prize winners will be announced at our **Lady Luck & Limericks** event on Saturday, 21 June, and their limericks will be published in the August issue of **Older & Bolder**. Make sure you get your limerick to us before 21 June, 2014.

**WIN
PRIZES!**

Sharing Ideas

The **Devonport-Takapuna Intergenerational Dialogue** meeting was held on 22 May at the Mary Thomas Centre in Takapuna. Some of our OWN members participated in this opportunity for older people to share thoughts and ideas with young people around topics of mutual interest.



Ideas OF March

Saturday the 15th March 2014 Posit



Margaret & Beate



Time for a chat at lunchtime



Jan Judson entertains



Laughter Yoga with Jan



Julia,
our
Roman
quiz
master



Val, Jennifer, Pat,
Clara, & Edna



Lunch Spread



Honoured guest:
Dame Catherine Tizard & E



Joan & Susan



Marvellous group entertains

This Event is Supported By



ive Ageing Centre, The Strand, Takapuna

Older Women's Network North Shore Inc. Festival



Are we winning?



Marisa & Gwyneth
bringing out the bruschetta

Rachel
pops
in for a
photo opp



Tikanga Maori with Kiri Key



Tasting time in Italian Cooking



s,
sther Davies



Christine wins the raffle



Wisdom & Age with Noa



Capturing the Memories
with Miss Melicious



Roz working her magic in the kitchen

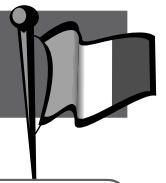


Roman recall





Marisa's OWN Festival Recipes



Bruschetta

Ingredients

- 1 Ciabatta Bread
- 5-6 Tomatoes (ripe)
- Olive Oil
- 2 Garlic Cloves
- Oregano
- Parmigiano Cheese (grated)
- Salt and Pepper

Method

1. Cut 1cm thick slices of bread, brush with olive oil and then toast in the oven.
2. Cut tomatoes into square pieces and chop garlic finely.
3. Cover the bread slices with the tomato and garlic, and then dust with oregano.
4. Sprinkle with grated cheese and complete by grilling until slightly brown.
5. Season with salt and pepper.



Caprese Antipasto

Ingredients

- 4 Tomatoes (ripe)
- 2 Mozzarella slices / balls
- 1 packet of Salty Biscuits, Crackers, or Bread
- Sweet Basil (for garnish)
- Olive Oil
- White Balsamic Vinegar
- Salt and Pepper

Method

1. Arrange mozzarella slices on top of the tomatoes and biscuits / crackers / bread.
2. Garnish with basil, and drizzle with oil and vinegar.
3. Season with salt and pepper.



*Ideas
OF
March*

Antipasto di Tonno

Ingredients

- 2 large tins of Tuna in Olive Oil
- 6 Calamata Olives
- 12 Green Olives
- 4 pieces of Artichoke
- ½ Lemon (squeezed for juice)
- 1 tablespoon of Capers
- 2 tablespoons of Butter or Margarine

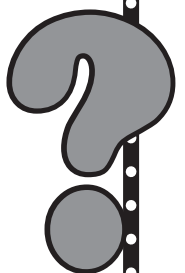
Method

1. Beat tuna slowly with an electric beater.
2. Chop all other ingredients into small pieces and put in with the tuna.
3. Add butter and lemon juice. Beat together until smooth.
4. Shape and garnish with green olives.
5. Cover with foil and keep in the fridge.



Did You Know ...

- *Monopoly* is based on a game called *The Landlord's Game* first published in 1903 by Quaker and political activist *Elizabeth Magie*.
- *Monopoly* is the most played board game in the world and there are now well over 150 different licensed versions.
- The game's well-dressed mascot (left) was originally named *Rich Uncle Pennybags*, but was later changed by *Hasbro* to *Mr Monopoly*.



OWN Annual General Meeting 2014

**Barbara Stanley – reflections on the occasion
of the 21st AGM of the Older Women's Network, 12 April, 2014**

Thank you Madam Chair for inviting me to this celebration of the coming of age of the *Older Women's Network* and the opportunity to contribute to honouring the memory of my beloved partner of 52 years, to whose dedicated vision and energy the *Older Women's Network* owes much in its origin and development over a span of 11 years until her untimely death.

She could not, of course, have done it all on her own and we give due honour to the close knit group of like-minded women who made it all happen and the succeeding committees that have maintained the momentum to this milestone event.

And so, greetings and salutations to the lady members of OWN, though in deference



to she whom we are honouring today, I should not have addressed you thus. In her view and terminology, adult females of the human species were and are, women – the title “ladies” being an affectation with no place in New Zealand’s egalitarian society. Even more heinous was the use of “girls” in the adult sphere, which she considered a male chauvinist put-down. Both would have evoked a sharp correction or at least a sour look. Sounds formidable, but not really – just part of her comprehensive, strongly feminist philosophy. So

in her politically correct terms, greetings to you women, members of OWN, and perhaps a crone or two among you.

Continues ►



Leteja blows out the candle OWN AGM 2014



The Has Beens entertain us OWN AGM 2014

◀ continued.

In our numerically male-dominated household she would contend, I'm not quite sure how seriously, that in older times the crones were the repository of the collective wisdom of family, village and tribal communities. With the arrival of the patriarchal church, this status was wrested from them by dint of persecution, witch-hunt, and burnings at the stake. The rest, she would say, is "his-story", and men have made such a mess of things, that they should move aside and let women take control and so create "her-story". With the rise of feminism in the last 100 years or so, we are perhaps seeing this happening, with certainly a more balanced gender approach in the halls of power, in which she played a part through OWN and other activities.

My family have been exhorting me for some years to write my memoirs so I have taken this opportunity to pen a somewhat abridged chapter on my dear wife and splendid mother of our large family. In so doing, I have endeavoured to highlight the significant, formative events and influences that shaped that independent, strong-minded, but loving and compassionate spirit that saw the need for OWN in the North Shore community and had the determination and drive to establish and sustain it while lovingly nurturing a large family.

Bernard Stanley

*To be continued in the August issue of **Older & Bolder**. If anyone would like the full transcript of Bernard's speech, email me at edna@pl.net*



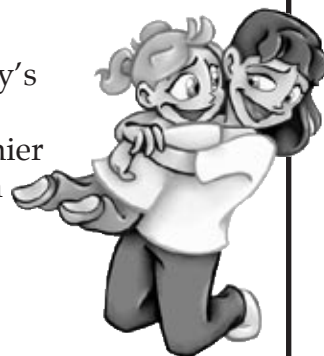
Our MC, Linda OWN AGM 2014

Hugging is Healthy

Hugging helps the body's immune system. It ...

- ✓ keeps you healthier
- ✓ cures depression
- ✓ reduces stress
- ✓ induces sleep
- ✓ is invigorating
- ✓ is rejuvenating
- ✓ has no unpleasant side effects

and hugging is nothing less than a miracle drug.



Hugging is also all natural. It ...

- ✓ is organic
- ✓ is naturally sweet
- ✓ has no pesticides
- ✓ has no preservatives
- ✓ has no artificial ingredients

and is 100 per cent wholesome.

Hugging is practically perfect. It ...

- ✓ has no movable parts
- ✓ has no batteries to wear out
- ✓ has no periodic check-ups
- ✓ is low energy consumption
- ✓ is high energy yield
- ✓ is inflation proof
- ✓ is non-fattening
- ✓ has no monthly payments
- ✓ has no insurance requirements
- ✓ is theft-proof
- ✓ is non taxable
- ✓ is non-polluting

and of course is fully returnable too.



This coupon entitles
the bearer to

**ONE FREE
HUG**

Redeemable any time

An Encounter With [👑]Royalty



With all the recent attention on Royalty lately, I thought I would recall our encounter with royalty quite a few years ago.

As Vice President of the YWC, my husband and I were invited to a cocktail party on the *Royal Yacht Britannia*, which was on a visit to New Zealand.

The invitation said "Evening Dress and Medals". My husband, ex-British Army, got cracking, digging out his best suit, not worn for many years and miniatures of his medals had to be accessed to pin to his manly chest.

My young friend *Avril*, decided that I needed a makeover. She set my hair in a new and sophisticated style, and dragged out my black evening dress from a previous life. It still fitted. Wonders!!

She added a purple sash (à la a Vogue pattern) and put on make-up including mascara. She made me a full length cloak of green silky damask, bought years before. Well, the preparation was a lot of fun for all of us.

On the night of the "do" there was a huge storm – gale force winds and bucketing rain. Off we set in our little Volkswagen, when from out of nowhere a large dust bin came hurtling towards us and hit us with a large bang, leaving a large dent. Still, upper lip is our wont and we battled on.

We came to the wharf, the rain still pelting down. Did we have a brolly? No we did not. Nobody did. There was no cover – we dashed to the imposing sight of the *Royal Yacht*, me holding up the dress and the cloak, only to find a queue waiting on the boarding stairs. So there we stood, a queue of drowned

rats, with not an umbrella in sight, in the downpour.

My hair was bedraggled, my mascara running, and the make-over ruined.

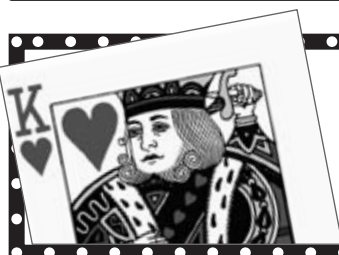
I thought when we reached the top of the stairs we could go and repair the damage, as best we could. But NO, at the head of the stairs stood the *Duke of Edinburgh*, large, dry hand outstretched, my damp paw in his. (How he kept dry after so many wet paws, I didn't work out.)

The *Queen* in pale blue lace, complete with tiara, looked graciously at this bedraggled

Continues ➤



Queen Elizabeth II and the Duke of Edinburgh during a visit to New Zealand in 1963



Did You Know ...

In the standard English deck of playing cards, the King of Hearts is the only king without a moustache (in some non-English decks, all four have a moustache).



◀ continued.

specimen, and afterwards I scuttled off looking for the restroom.

A young man in dazzling white uniform with plenty of gold braid showed us the way to the ladies' room, where I had the opportunity to dry off as best I could with Royal Britannia tissues. (Even the toilet paper wore a crown – so I slipped a few pieces in my bag.)

Somehow my spirits were dampened for the rest of the night. The *Queen* made sparkling conversation with various luminaries. Tiny canapés were brought round on platters and there were glasses of champagne.

I saw various local politicians I did not respect much, but the young officers in dazzling white were a credit to the navy.

My husband put up stoically with the event – after all it was his *Queen* and he always stood to attention for the National Anthem in his formative years.

I did wonder what soap powder they used on the uniforms to get that dazzle.

Joan Lardner-Rivlin



The Great Truths ...

That Children Have Learned:

1. No matter how hard you try, you cannot baptise cats.
2. When your Mum is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, then don't hit her back – they always catch the second person.
4. You can't trust dogs to watch your food.
5. Never ask your three year old brother to hold a tomato.
6. Never hold a Dust-Buster and a cat at the same time.
7. You can't hide a piece of broccoli in a glass of milk.
8. The best place to be when you're sad is on your Grandma's lap.



That Adults Have Learned:

1. Raising teenagers is like nailing jelly to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge ... mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.
6. Middle age is when you choose your cereal for the fibre, not the toy.



About Growing Old:

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. Time may be a great healer, but it's a lousy beautician.
5. Wisdom comes with age, but sometimes age comes alone.
6. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

