



What's in a NAME?

At the time our *Network* began, over 20 years ago, the name *Older Women's Network* distinguished us from organisations which catered for younger women, many with children. Much has changed in 20 years, and it has been suggested by a number of members, and some potential members, that it is time to change our name to something which will identify us as a network for all women – it seems not many wish to be labelled as “Older Women” nowadays.

We are about to redesign a brochure for the *Network* and the *OWN Committee* would like your opinion on this matter. If we were to change, it would be good to be able to retain the *OWN* abbreviation. However, so far we have not thought of many good words beginning with O. Could it be ‘Our’, ‘Outstanding’, or ‘Oresome’ (with a little poetical licence)? Or maybe we need a change to different letters.

We would like your opinions and suggestions. So, please put on your thinking caps and send any ideas to *Julia Masters*, email: juliamasters9@gmail.com by Sunday, 6 September.

“We celebrate, honour and empower older women”

Dear OWN members ...

The weather may be cold, but the friendship of OWN members brings a warmth to one's spirits. The combined meeting of the **Browns Bay** and **Beach Haven Writing for Our Grandchildren Groups** was just such an occasion, as we shared stories, conversations, and laughter.

We would welcome hearing from our other **OWN** groups about their activities. We need to grow our membership and to attract the younger more mature woman, if we are to be relevant and active. We are fortunate in having two such women: *Beate Matthies*, who is our Treasurer, and *Rika Werner*, who has taken over as Membership Secretary and will also be looking after our website. We thank *Audrey Kendall* who has undertaken this task in the past for a job well done.

The committee would also like to thank *Anne Briggs* for her tremendous contribution to **OWN**, which is very much appreciated.

Julia Masters has written about **What's in a Name**, and that is another subject which is under discussion. The *OWN Committee* would welcome feedback from members with their

ideas, remembering we have to keep the initials **OWN**. Our legal name would still be *Older Women's Network*, but our name for publicity, etc. could be *Our Women's Network*. We have had feedback from women who have been approached to join us saying that they do not want to be classified by age and do not feel "old", but would like to join a women's network.

The feedback from the **OWN Festival** was very positive and we are planning our next festival for May 2016. The theme is 'Come Cruising With Us'. We would welcome feedback from our members as to the entertainment and workshops you would be interested in, or anything else which would add to your enjoyment of attending the **Festival**.

The success of our organisation depends on us **OWN** members. Thus, we would be grateful to hear from you with your feedback and your ideas.

Here's looking forward to spring and summer and full steam ahead on the 'S.S. OWN'.

Joan Lardner-Rivlin
Chairperson

Wanted

Don't be shy! We welcome material from all **OWN** members, not just those in the writing groups. Stories, poems, articles, jokes, comment on interesting topics – we would love to hear more from any members for publication in future issues of *Older & Bolder*.

Please send any items to:
Rosemarie Carr, email: rrcarr@xtra.co.nz
Judy Brocherie, email: jgbrocherie@ihug.co.nz
or by post to:
Patricia Russell
34A Redwing Street
Browns Bay, Auckland 0630



Are You a Member of OWN?

**Do you belong to any of our groups?
Do you join in any of our activities?**

If not, we would like to know what interests you and we will see if we can accommodate it ... because what interests you may also interest others.

**Please send your suggestions to *Judy*,
email: jgbrocherie@ihug.co.nz**



Up-coming Events ...

Latin American Night

Our late winter events are always great fun for everyone. Bring along a friend or family member, and share an evening of music, dancing, fun, friendship, and food.

When: From 4:30pm,
Friday, 18 September

Venue: *Positive Aging Centre,*
The Strand, Takapuna

Cost: \$10 single, or \$15 for two

There is parking in the public carpark under the *Takapuna Library*, then take the lift to the second floor, where you will hear the music and smell our famous mulled wine.

For catering, register before 11 September
with *Rika Werner*, ph: 950-6501,
email: rikawnz@gmail.com,
or *Julia Masters*, ph: 483-6258,
email: juliamasters9@gmail.com



Guys & Dolls Musical

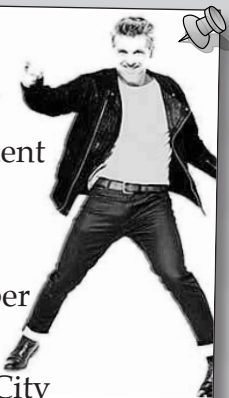
Full of dash, panache and joyous dancing, *Guys & Dolls* is vintage musical entertainment with a heart of gold. Sublime!

When: 2:00pm matinee,
Saturday, 14 November

Venue: Rows A, B, and C,
Q Theatre, Auckland City

Cost: \$49 per ticket **paid by 12 October**
(Early Bird tickets \$34, paid earlier)

To register, contact
Joan Lardner-Rivlin, ph: 483-9671,
email: lardner_rivlin@xtra.co.nz
or *Judy Brocherie*, ph: 021-0239-4270,
email: jgbrocherie@ihug.co.nz



OWN Coffee Meetings



The OWN Coffee Meeting group is open to all OWN members, and welcomes more to join us.

Thursday, 10 September

10:30am at *Kings Plant Barn Café*,
1 Forrest Hill Road, Forrest Hill.

Thursday, 24 September

Swanson train trip OR lunch at the
Birkenhead RSA – to be confirmed closer
to the date.

Thursday, 8 October

10:30am at *Jam Café*, 1A / 45 Hurstmere
Road (by *ASB Bank*), Takapuna.

Thursday, 22 October

Trip to *Eden Garden* in Epsom. We are
car-pooling for this trip, so registering is
very important.

Thursday, 12 November

Members' Choice – let us know what
you'd like to do.

Thursday, 26 November

Ferry trip to *Waiheke Island*. Meet at
10:15am at the ferry building in
Auckland City.

Thursday, 10 December

10:30am Christmas meeting at *Little and Friday*, 43C Eversleigh Road, Belmont.
This is a little café off Lake Road,
opposite Takapuna Grammar School.



NOTE: It is important to contact
Barbara, ph: 419-0026, or *Jennifer*,
ph: 478-9871, closer to the dates to
confirm the meeting – we have a few
members that are not well, so some trips
may change.



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

OWN Discussion Group



Every second Tuesday in the month, 10 to 15 women meet at the *Bays Community Centre* for a morning of 'discussion'. We are not a 'gossip' group, but there to talk and air our opinions about real issues.

The first hour is spent on Current Affairs. These vary from worldwide situations which are in the news, to local issues presenting as worthy of our time. We avoid TV programmes unless they are really relevant. After a tea / coffee break, a topic is set for the second hour.

A few that have been discussed over the years are:

- How Has Technology Affected Our Lives?
- The Queen vs Republicanism
- Protection Orders and Bail
- Political Information Leaking and Sharing
- Is the Super City a Success?
- Happiness
- Mothering Adult Children and many more.

As with any group of people, there are differences of opinion. This leads to a stimulating morning, interspersed with warmth

and laughter. *Jeanne Ford*, who leads the group, is there to ring a bell if people talk at once, and manages – sometimes with a little difficulty – to keep the proceedings orderly. It is a worthwhile and enjoyable morning.

Our meeting time is from 10:00am to 12:00 noon in Meeting Room 3, *Bays Community Centre*, Glen Road, Browns Bay. A gold coin donation pays for the room hire. For up-coming subjects for discussion or more details, please contact *Jeanne Ford*, ph.: 410-4803.

OWN Group Contacts

Saturday Events / Workshops

To be confirmed – see the next issue of *Oh! What Next?* for more information.

OWN Discussion Group

Meets on the second Tuesday of each month. For details, contact *Jeanne Ford*, ph: 410-4803.

Writing for Our Grandchildren

Browns Bay Group meets on the second Saturday of each month. For details, contact *Patricia Russell*, ph: 479-7519.



Beach Haven Group meets on the fourth Saturday of each month. For details, contact *Anne Mutu*, ph: 483-7704.

OWNs Alone Lunch

Meets on Sundays twice monthly at the *Fairview Retirement Village*, Fairview Avenue (off Oteha Valley Road), Albany. For details, contact *Judith Sumich*, ph: 478-6618.



Rummikub Club

A good way to keep your brain active. Any members in East Coast Bays and Takapuna areas who are interested in this, contact *Judy Brocherie*, ph: 473-5016.



Tai Chi for Older Women

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



Friday Group. For details, contact *Shirley Knight*, ph: 418-2322.

OWN Theatre Group

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



OWN Coffee Meetings

Meets fortnightly at various venues. For details, see the box on page 3 or contact *Barbara Heath*, ph: 419-0026.



The New OWN Committee Members

Rosemarie Carr

(Older & Bolder Compiling Editor)

Rosemarie was born in southern Germany, was educated in Edmonton, Canada, and travelled extensively on her OE, where she met her Kiwi husband. After working in Germany at *Rhein-Main American Air Base* as Secretary-Translator, she returned to Edmonton and completed an IATA Airline course. After her arrival in New Zealand, she married, but continued working in the travel industry while her children were growing up. As a mature student, she returned to university to “do something meaningful” and studied Educational Psychology. In 2008 she graduated from *Auckland University* majoring in Education with a minor in Spanish. Rosemarie and her husband have two adult children (one living in Australia and the other in Torbay) and two very active dogs. She has no grandchildren, but loves doing volunteer remedial teaching with six year olds at *Mairangi Bay Primary School*. Rosemarie likes to meet new challenges and her interests include reading, studying history, watching foreign films, and travelling. She belongs to the **OWN Writing Group**, the Goethe Society, German Society, and Spanish Group. Rosemarie loves living in New Zealand, close to the ocean, and enjoys sailing, swimming, and diving.

Anne Briggs has left me a very comprehensive ‘prescription’ to follow in putting together this newsletter. However, it will still be a hard act to follow. Anne, we all wish you a safe and wonderful trip, much fun and laughter with your family and friends throughout Europe.



“Sometimes the thoughts in my head get bored, and go for a stroll out through my mouth. This is never a good thing.”

www.facebook.com/ShutUpImStillTalking

We also welcome Rika Werner (Membership Secretary) to the OWN Committee and will tell you more about her in our next issue of Older & Bolder.

Heloisa Barczak

Heloisa was born and raised in Brazil where she graduated in Pedagogy and became a teacher in Educational Biology. When she retired, she returned to her previous interest in art: studying drawing and painting in Florianopolis, Brazil and in California, USA. She later became an art teacher. Heloisa started coming to New Zealand in 1998 when her son and his family immigrated here. In 2008 she became a member of OWN, joining the **Writing for Our Grandchildren Group**. Heloisa also loves to sing and writes her own songs, in Portuguese of course. A lady of many talents, below is a poem she wrote while she was living in the USA (it was published in the book *The Long Winding Road*).

Wonder Humble

I don't want
I can't be
The wonderful flower
Or the tree
I am the soil
I am the worm
I am the bee
World is nothing
Without trees and flowers
Or without me
Call call call
Divine us all



Heloisa Maria Chautard Barczak Gawa

Heloisa also teaches **Art Classes** at the *Mary Thomas Centre*, The Strand, Takapuna on Tuesdays (2:00pm to 4:00pm). The classes are free, but a gold coin donation to cover expenses is appreciated. To register for a class, please call *Rachael Bro*, Takapuna North Community Co-ordinator, ph: 486-2098, or email: office@takapunatrust.org.nz



Two Good Reads



I recently read two books which I have particularly enjoyed and may be appreciated by others. The first is *Anne Tyler's* most recent novel. I've loved all her writing, and fellow author *Nick Hornby* says, "she is the best line-and-length novelist in the world".

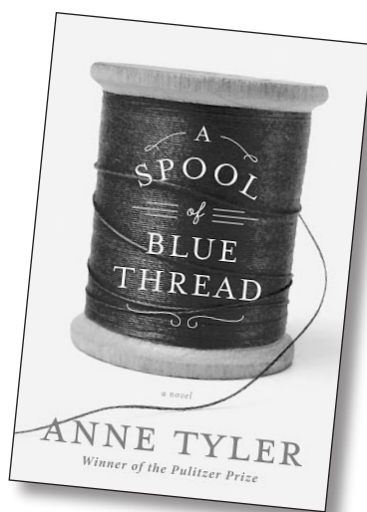
I can recommend both books as thoroughly good reads – fun, but with plenty of substance.

Shirley Williams

A Spool of Blue Thread

by Anne Tyler

Abby and *Red Whitshank* are getting older and decisions need to be made about their future and their home. Their family gather together and "spool back through three generations, witnessing the events, secrets, and unguarded moments that have come to define who and what they are – the essential nature of family life".

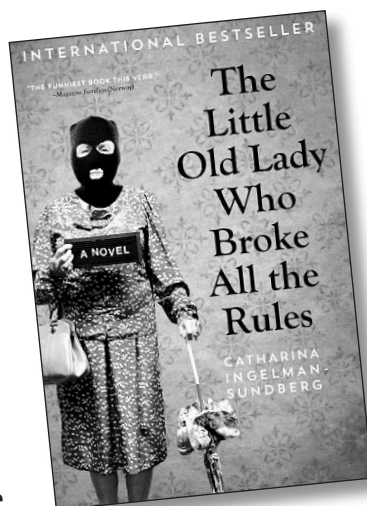


Absorbing and while every family is different there are common themes to each – hopes, fears, tensions, and good times too.

The Little Old Lady Who Broke All the Rules

by Catharina Ingelman-Sundberg

Seventy-nine year-old *Martha Anderson* lives in a retirement home in Sweden, but dreams of escaping to a much more exciting life-style. Along with four other residents, she forms the *League of Pensioners*, and together they rebel against all the rules imposed on them. They notice that prisoners in jail are treated better than they are and they "escape" their retirement home to launch a new career as thieves – in *Robin Hood* style.



The book is full of humour, but it is also a protest against a society that forgets about human values.

Haiku Competition

Here are some of the **Haiku Competition** entries we received ...

Accept old age with joy
Sometimes it sucks
The alternative is worse

Joan Lardner-Rivlin

Yachts motor back home
Against the wind and the tide
Where did they all go?

Rosita Snafflehausen

My mailbox is full
Offers to buy
My home is not for sale

Joan Lardner-Rivlin

Snow will be here soon
Break out the winter woollies
Think about hot soup

Rosita Snafflehausen

Pattering on the roof
Rain is falling
No need for watering

Joan Lardner-Rivlin



Writing for Our Grandchildren Groups



On a foggy winter morning it finally happened ... the **Browns Bay** and **Beach Haven Writing for Our Grandchildren Groups** met together at the *Anglican Church Centre* in Beach Haven for the first time.

The Beach Haven writers have flourished under *Anne Mutu's* leadership and continue to give us great material for issues of the *Older & Bolder* newsletter. Some of the seasoned writers from the Browns Bay group also belong to the Beach Haven group, and have provided encouragement and inspiration to those starting out.

We knew members by their great stories which we had edited for the book last year,

but it was lovely to meet them personally. It was a morning of wonderful stories and great company.

Alas the morning was too short.

Out of the winter greyness beautifully dressed children appeared in their fancy dress and their "best", with lots of balloons and decorations for somebody's special birthday celebration being held at the *Centre*. The future generation are taking over!

Watch this space for the summer meeting.

Cherry Keane, Patricia Russell, and Anne Briggs

This combined Browns Bay and Beach Haven Writing for Our Grandchildren Groups meeting on Saturday, 25 July produced some amazing stories. Here are two of them ...

"It's Not What Happens to You That Matters"

That's the title of a short book written by a beautiful young African woman, *Getrude Matshe*. Several short chapters tell her stories about the people who had the greatest impact on her life, what she learned from them, and how they (especially her grandmother) helped her to meet all challenges head-on.



Getrude Matshe

It got me thinking about such people in my life, and what I learned from them, and also made me realise how often I skirted challenges, and how the ones I managed to face were the things that made me grow.

Getrude was very courageous which I am not, but I know we can all summon the courage and "go for it" when we really need to.

The first person on my list was of course my Mum. We were always very close, and I had tremendous love and respect for Mum. She had many fine qualities including a wicked sense of humour, and when

my sisters and I got together with Mum we could laugh ourselves silly. Here is one chapter of her life that is always on my mind because of the way she lived it.

In 1973 after my whole family had been in New Zealand for nearly a decade, my brother *Vic's* young wife, *Pat*, died at the age of 25, leaving four young children. *Vic* was devastated and said to Mum, "Oh God, Mum, what am I going to do with my children?"

Without hesitating Mum said, "Dad and I will look

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after them, *Vic*. We will have to move in with you to do that." She had come to that decision in about 24 hours.

Mum was working at the time and she enjoyed her accounting job. However, she simply phoned her boss and told him she would not be coming back

to work. She also gave her landlords notice, offering to pay rent for the two weeks required by law. They of course would not hear of it. So Mum and Dad, at the age of 54, made this huge change in their lives and moved in with *Vic* and his young family.

It was such an upheaval for them, not the least of which was that the youngest, *Helen*, who was five months old and not a good sleeper. It was also very painful for them to see *Vic* so lost in his grief.

My sister *Jan* and I had to give Mum daily help and one day I said to Mum, "This could go on for years, Mum, are you ready for that?"

Her reply was a quote from the Bible: "When you put your hand to the plough, you don't look back". And that she did, faithfully, for eight years. We called the children their "second crop".

Lessons learned: When you know you've made the right decision, stick with it! Some circumstances in life bring the greatest challenges, but you can work through them when you have to.

I hope I have genetically inherited some of Mum's backbone!

Patsy Phillips
**Beach Haven Writing for
Our Grandchildren Group**

I Remember

I remember my sisters, gooseberries and cream
Hands frozen in mittens and visits from the *Queen*
Hot dinners at lunch time and trips to the bay
Then moving to Auckland a very long away

I remember wartime heroes and ration book times
Going to dances and standing in lines
Our new house in New Lynn, a baby in tow
Finally learning to drive, and having to sew

I remember the day they landed on the Moon
Then petrol rationing and good ol' *Muldoon*
Picnics at Waiwera and tennis club afternoon teas
Sports days at Cornwallis with black sand on our knees
Christmas puddings with sixpences, and custard with rum
These were some things that made our lives fun

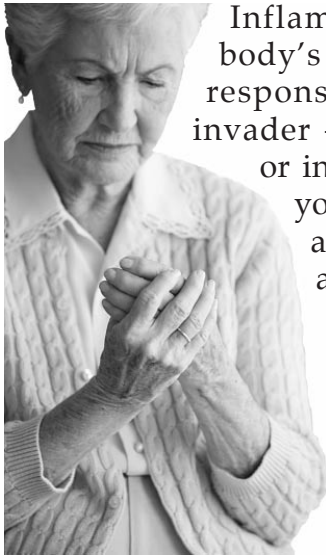
I remember ladies fishing days with *Jeannie* and *Rae*
Visiting *Clare's* farm when they'd just cut the hay
Rotary golf weekends at *Opal Hot Springs*
Being President of *Zonta* and worrying about things
We had holidays on the Gold Coast, played golf in Fiji

We visited *Jim's* homeland, there was so much to see
Plantations of coffee and spices and tea
With acres of rice fields a picture to me
We've done so much, had such a great time
These are just some of the memories of mine

Betty Faesen
**Browns Bay
Writing for Our
Grandchildren
Group**



Arthritis & Inflammation

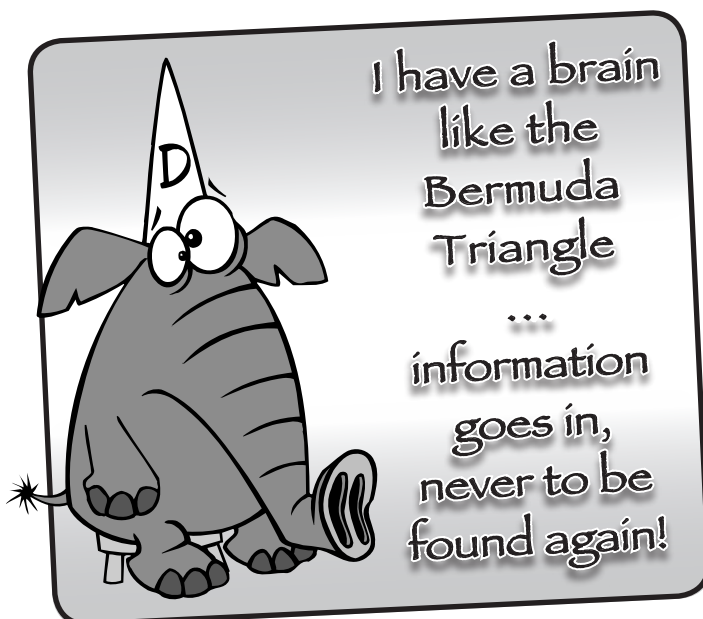


Inflammation is one of the body's own natural immune responses. When a foreign invader – such as an infection or injury – enters the body, your body responds with an inflammatory counter attack.

While you may recognize inflammation when you sprain your ankle and it swells, that type of inflammation is localised. However, it can also be systemic, affecting your organs and internal structures.

Effects of Chronic Inflammation

- Studies have linked chronic low-grade inflammation to heart disease.
- Chronic early inflammation has also been linked to dementia in older adults.
- Some studies suggest inflammation may cause common age-related diseases that lead to disability in older adults.
- Chronic inflammation can lead to chronic pain.
- Many auto-immune diseases, such as inflammatory bowel disease, are also linked to inflammation.



Anti-inflammatory Foods

Good news! You can quiet inflammation with the foods you choose ...

1. Dark, Leafy Greens

Spinach, kale, romaine, etc. are all terrific inflammation fighters because they're rich in antioxidants and other natural anti-inflammatory agents.



2. Blueberries

High in anti-oxidants, blueberries are a healthy and delicious anti-inflammatory food.



3. Cruciferous Vegetables

Broccoli, cabbage, and other cruciferous veggies are high in anti-oxidants, and they have a natural detoxifying effect. Therefore, you can eat them and cleanse your body of any harmful chemicals that are contributing to inflammation.



4. Probiotic and Enzyme Salad

This salad promotes better digestion and healthier gut flora, a potent mix for detoxification and fighting inflammation.



Probiotic and enzyme salad is essentially raw sauerkraut and is made with green cabbage, miso paste or sea salt, and optionally flavour add-ons like ginger or caraway seeds. The raw, cultured vegetables that are chopped and sealed in airtight containers for a few days. Sealing and storing the cabbage creates an environment for lactobacilli and enzymes in the vegetables to flourish, creating a probiotic-rich food.

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Cabbage in itself has natural probiotics, is packed with vitamin C and has natural cleansing properties. It is easy to make and is a yummy, tangy accompaniment for any meal.

5. Chia Seeds

Chia is high in inflammation fighting omega-3 fatty acids.



6. Avocados

These luscious fruits are high in carotenoids, which fight inflammation. They contain easily digestible mono-unsaturated fat, but don't overdo it (half of a medium one per day is a good maximum daily amount) and skip the oil on a salad if you are eating the avocado with it.



7. Turmeric

This pungent spice often found in curry has been shown to have strong anti-inflammatory properties. Plus, it's yummy!



8. Flaxseed

Flaxseed contains omega-3 fats, which are anti-inflammatory. Try sprinkling a little freshly ground flaxseed on your salad. This is delicious.



9. Shiitake Mushrooms

These Asian variety of mushrooms contain high-molecular-weight polysaccharides (HMWP), which have been shown to improve immune function. When feeling run down eat shiitake mushrooms.



There will be more information about the topic of arthritis in the next issue of Older & Bolder.

OWN Recipes

Judy's Easy Chicken Curry

Judy Brocherie says: "It is easy to make, delicious, and a family favourite."



Ingredients

- 1 Brown Onion (diced)
- 2 tablespoons Oil
- 500 grams Chicken Breast / Tenderloin (cubed)
- Flour (for dusting the chicken)
- 1 x 400ml can Coconut Cream
- 1 x 225ml can Pineapple Pieces (drained)
- 1 teaspoon Curry Powder
- 1 tablespoon Sweet Chilli Sauce
- 1 tablespoon Sultanas
- Rice and Banana (sliced) for serving

Method

1. In a pan, sauté the onion in oil for 5 minutes, until softened.
2. Dust cubed chicken in flour and add to the pan and brown.
3. Add the coconut cream, drained pineapple pieces, curry powder, sweet chilli sauce, and sultanas.
4. Simmer for 20 minutes.
5. Serve on cooked rice with fresh sliced banana.



Enjoy!

My Gardening Guru



In November 2014 I received a letter from *The New Zealand Gardener* enclosing a \$25 voucher. I had absolutely no idea why they were sending me a voucher. I pondered a little, but still could not fathom it. The letter was addressed to me, so eventually I spent the voucher!

At Christmas time I am always invited by my previous boss to have Xmas lunch with the staff. It is always a nice occasion to meet up with old workmates. During the lunch one of my workmates said, "Oh, I saw the letter you wrote about your father in *The New Zealand Gardener*."

I replied, "I don't remember having written a letter." I was puzzled and thought about it. Then the penny dropped.

In August of that year my next door neighbour had

given me a copy of *The New Zealand Gardener*. I don't subscribe to the magazine, but enjoyed reading this particular issue. There had been an article in it on someone's gardening guru and readers were invited to send in a story about their own gardening guru. I wrote about my gardening guru and posted off the letter, thinking no more about it.

I had completely forgotten about writing it until my workmate commented that she had read my published letter in a subsequent edition.



Who was my gardening guru?

It was definitely my Father, *Hans Petersen*. He was "grow your own" since he was a child when his teacher noticed and nurtured his interest in plants.



He was born in Vejle, on the mainland of Denmark and began a gardening apprenticeship on leaving school.

When he married, he started his own business growing and selling plants, cut flowers and any surplus fruit and vegetables.

He brought his family to New Zealand in 1952 because he wanted to live in a warmer climate where he could cultivate and grow flowers, fruit, and vegetables all year round. He was astonished at the variety and abundance of things he could grow here in Auckland.

When I got married and we got our own home, he gave us fruit trees and rose bushes for our garden which he had propagated himself.



Anne's father, Hans Petersen, hard at work in the garden

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They were loving and useful gifts.

His own garden was three quarters full of fruit trees. There was also the vegetable garden, a lovely rock garden, and a fernery of native ferns. He had a hot house for his orchids, cacti, and succulents. He tried growing all manner of exotic fruits and veggies.

He was always very keen on growing organically because he said, "You know what has gone into them, and on to them".

Even in his nineties, he worked at least six hours daily in his garden until he fell and broke his hip two months before his hundredth birthday. He lived to be 101.

He was really a wonderful inspiration to his descendants on how to live off your own produce grown organically. It is interesting and rewarding to see how many of his children, grandchildren, and great-grandchildren have inherited his love of plants and healthy home-grown produce.

Anne Mutu

Inner Peace

If you can ...

- ☞ start the day without caffeine,
- ☞ always be cheerful, ignoring aches and pains,
- ☞ resist complaining and boring people with your troubles,
- ☞ eat the same food every day and be grateful for it,
- ☞ understand when your loved ones are too busy to give you any time,
- ☞ take criticism and blame without resentment,
- ☞ conquer tension without medical help,
- ☞ relax without alcohol,
- ☞ sleep without the aid of drugs,

... then you are probably

THE FAMILY DOG!



“Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty, and generally taking the time to soak up a little peace and serenity.”

Lindley Karstens
American artist

