

Merry Christmas



*Do you know what would have happened
if it had been three Wise Women
instead of three Wise Men?*

They would have asked directions,
arrived on time, helped deliver the baby,
cleaned the stable, made a casserole,
and brought practical gifts.



*Every year, it's the
same thing.*

*You dress me up like this,
then wonder why
I knock over the tree.*



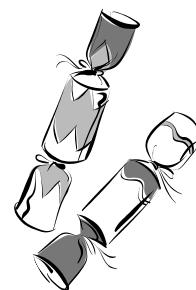
**The OWN newsletter for women who want to learn, use, and share
their talents, who nurture, respect and support each other**



Dear OWN members ...

It is nearly 25 years since OWN was established, and much has changed since that time.

We will be organising more family events in the future although there will always be some events for "ladies only".



Further to my last report in the August newsletter, we are updating many aspects of OWN, starting with the name. After asking members for their ideas and suggestions, the *Committee* has taken the decision to change the name to **Our Women's Network**. We find we usually use the letters and the word 'OWN' when referring to our organisation, therefore we wanted to retain the initials OWN in all our dealings. We will be updating our brochure in the near future and will retain the initials OWN in the title.

Planning is going full steam ahead for our **OWN Festival** on 28 May, 2016, issuing an invitation to "Come Cruising with us on SS OWN". Further details will be in our next newsletter.

I wish to express a huge thanks to the OWN *Committee* and also the *Festival Committee* members.

Thank you also for the suggestions for a new title for our newsletter. We have put together two suggestions received and you will have seen the new title on the cover as **OWN News&Views**, which we think better reflects what our newsletter is about.

As many of our OWN *Groups* are arranging their own Christmas celebrations, we have decided to have a New Year celebration in the form of a **High Tea** on Saturday, 20 February, 2016 (see page 3). Please keep an eye open for the next issue of **Oh! What Next?** for more details of this and other events in early 2016.



Our family event was the **Latin America Night** in honour of *Heloisa*, who has returned to Brazil for an extended holiday. It was a truly intergenerational event with the ages ranging from seven years old to 90. A good time was had by all and we are grateful to the many that helped make the evening a great success. The dancers were enjoyable to watch and even better when all joined in. You can see the photographs in centre of this newsletter (pages 6 and 7).



On behalf of the OWN *Committee* and myself, I wish you all a Merry Christmas and a happy, healthy, and peaceful New Year.

Joan Lardner-Rivlin
Chairperson

OWN Committee 2015 – 2016



Chairperson.....	Joan Lardner-Rivlin, QSM
Vice Chairperson.....	Judy Brocherie
Secretary.....	Patricia Russell
Treasurer.....	Beate Matthies
Publicity.....	Julia Masters
Membership Secretary.....	Rika Werner
OWN News&Views.....	Rosemarie Carr
Arts & Music.....	Heloisa Barczak



LOST & FOUND

A blue hooded rain jacket was found in the *Positive Ageing Centre* after the **OWN Festival** in May. Could the owner, or anybody who possibly knows who the owner is, contact *Joan*, ph: 483-9671.

Up-coming Events ...



New Year High Tea

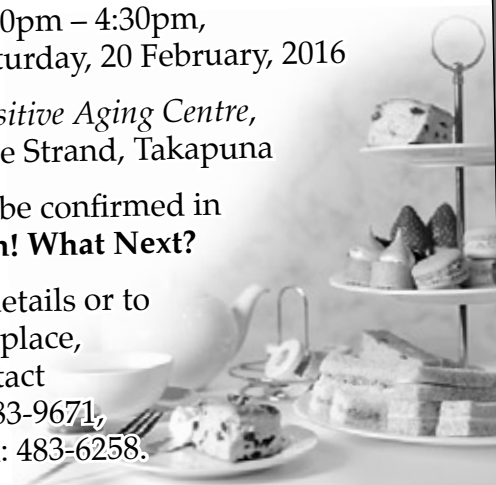
Join us to celebrate the New Year with a High Tea. No need to wear a hat and gloves, but dressing up would be great.

When: 2:30pm – 4:30pm,
Saturday, 20 February, 2016

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

Cost: to be confirmed in
Oh! What Next?

For more details or to
book your place,
please contact
Joan, ph: 483-9671,
or *Julia*, ph: 483-6258.



OWN Coffee Meetings



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

The 2016 meetings have not been planned yet. Look out for the **Oh! What Next?** or contact *Barbara*, ph: 419-0026, or *Jennifer*, ph: 418-9871.

*The OWN Committee wishes
Barbara Heath a full and speedy
recovery from her major back surgery
in September.*



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

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 Future Generations (WFFG)

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.

OWN Theatre Group

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



NEW

Rummikub Club

A good way to keep your brain active. Meets in Beach Haven (starts late January / early February 2016). For details, contact *Rika Werner*, ph: 950-6501 or 022-151-3957, or *Judy Brocherie*, ph: 473-5016.



Tai Chi for Older Women

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



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.

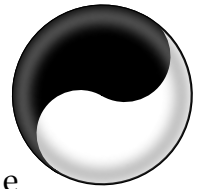
OWN Coffee Meetings

Meets fortnightly at various venues. For details, see above or contact *Barbara Heath*, ph: 419-0026.





OWN Tai Chi Group



The first **OWN**-run *Tai Chi* class was started by *Leteia Potter* in 1999 at the *Bays Community Centre* in Browns Bay. *Leteia* taught the modified form of *Tai Chi* called **Tai Chi for Arthritis** created by *Dr Paul Lamb* – a Chinese doctor living in Australia and his colleagues.

The class grew in popularity, so a beginners' class was started on Fridays in 2002 and led by *Shirley Knight*. Later, in 2004, a Wednesday class was formed and led by *Susan Pichler*, with the assistance of *Jean Ashby*.

Over the years the numbers attending have fluctuated, with members coming and going. Some have stopped for health reasons, a few sadly have died, and others have shifted to different areas.

All the class members who have continued to attend **OWN Tai Chi** agree that they have benefited greatly from the *Tai Chi* programme.

Tai Chi promotes many health benefits, including increased flexibility and muscle strength, greater fitness, correct body posture, integration of mind, body and spirit and improved energy flow. Another important benefit is the feeling of well-being.

Our class is relaxed and friendly, and we feel the social contact is very important. As well as learning different *Tai Chi* forms, we practise a variety of gentle exercises. We all practise within our limits and accept that we will take a long time to learn the different forms. However, that doesn't matter as we know that *Tai Chi* is a life-long learning process.

New members are always welcome to join our classes.

If you might be interested, contact *Susan Pichler*, ph: 478-5569,



One of the **OWN Tai Chi** ladies brought the poem below along to one of our classes. I read it to the group and they liked it so much that they suggested it could be published in the **OWN** newsletter. The poem is not signed by the author.

Susan Pichler

Walking With Grandma

I like walking with Grandma,
Her steps are short like mine.
She doesn't say "now hurry up"
She always takes her time.



I like to walk with Grandma,
Her eyes see things like mine do,
Wee pebbles bright, a funny cloud,
Half hidden drops of dew.

Most people have to hurry,
They do not stop to see.
I'm glad that God made Grandma
Unrushed and young like me!

*Anonymous member of the
OWN Tai Chi group*



Please Note: *Shirley Knight's Friday Tai Chi class has been dissolved. Thank you so much Shirley for all the time you have given to Tai Chi. You will be missed.*

The New OWN Committee Members

Continuing from the article in the previous issue of Older & Bolder, here is the last of the profiles for the new members of the OWN Committee ...



Rika Werner

(Membership Secretary)

Rika was born in South Africa where she studied for a Masters degree in Social Work. *Rika* and her husband enjoyed rowing and hiking in sunny South Africa. They then immigrated to Germany, where they started their family, and enjoyed many holidays in Europe. Their two teenage daughters

kept them active and they decided that the New Zealand lifestyle looked very attractive for raising children, and so they moved here five years ago.

As a social worker with a registration at NZSWRB, *Rika* is involved in the community development and mental health fields. Community development is her passion and she

enjoys being involved with **OWN**, **ADCOSS**, and inner-city networks and forums such as **Age Friendly Cities**.

Having fun with women, the togetherness and sharing, are what make up the spices of her life for *Rika*. She enjoys working with the **OWN** team and can't wait to meet more members at coming events.

Happy Birthday *Betty Faesen*



Betty Faesen recently celebrated her 90th birthday with a delicious luncheon with her family and many friends at the *Bays Club* in Browns Bay. The room was beautifully decorated with a pink and white theme in balloons, flowers, and serviettes.

Ninety years – what an achievement! What an amazing lady!

Betty was born on 11 September, 1920 in Timaru. Her mother's family were among some of the first people to settle in Otago in 1853. In 1952, she married *Jim Faesen*, and they enjoyed a very happy life together. For many years, *Betty* and *Jim* ran a very successful carpet and furniture business in Henderson. They had one child, a daughter, *Helen*, who has given them three delightful grandchildren – *James*, *Maryke*, and *Hamish* – all of whom *Betty* is very proud.

Sadly, *Betty* was widowed eight years ago, when her beloved *Jim* passed away.

Betty is very involved and active in several clubs and organisations, including **OWN**, **OWN's Writing for Future Generations** group, **Probus**, and the **Friday Club**. She also plays mahjong and bridge and, until recently, was an avid golfer. *Helen*, her very caring daughter, ensures she keeps Wednesdays free for special Mother-Daughter time.

Betty looks after herself well, always being beautifully dressed. She lives alone and drives herself everywhere. She is very young at heart and certainly up with the play regarding the latest technology, being competent with the Internet, is on Facebook, and uses an iPhone.

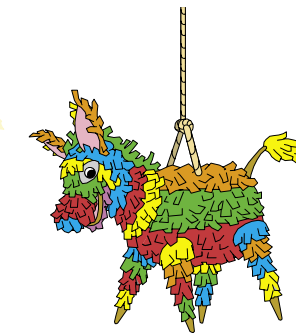
We wish *Betty* all the best, and long may she continue to enjoy life to the fullest!

Judy Brocherie



Latin American Night

Friday, 18 September, 2015 • Positive Aging Centre, The Strand, Takapuna



Heloisa leads group in the song *Girl From Ipanema*



We try to follow lead



The lovely dancers entertain us



Everyone joins in, including the youngest attendee, *Aria* (left), who steals the show



Heloisa and Aria



Delicious cakes prepared by *Heloisa*



Stephanie offers everyone some *taquilla*



Anne and Wendy (above) share a joke, as do *Rika and Rosemarie* (right)



Quiz discussions



Heloisa and Rika caught out!

Betty Faeson's 90th Birthday

13 September, 2015



Betty Faeson (right-hand side in photo left) recently celebrated her 90th birthday with a delicious luncheon at the *Bays Club* in Browns Bay for her many friends and family, including *OWN Writers Group* members *Beate, Joan, Helen, and Judy* (photo right)



Games Evening

6 November, 2015



Lots of fun was had by all at the *Games Evening* held at the *Bays Community Centre* in Browns Bay.





Cream for Christmas Pudding



One year, leading up to Christmas, I had filled the children's stockings and pegged them above the wood stove, where they could reach them the next morning because this was Christmas Eve.

There was fruit, new pyjamas, shirts, and shorts for the boys, with frocks and nighties for the girls. The old borrowed Singer treadle sewing machine was utilised and cared for.

Chicken was to be the meat for the day, freshly killed and dressed, along with vegies from the garden. There was bottled fruit and steamed pudding made from an old treasured family recipe. All that was missing was cream.

Later, the party-line phone rang. It was my husband's older brother, who was on the family farm milking cows. He wanted to have a glass of Christmas cheer, and to send us some cream

for the pudding for the next day. Our oldest son helped his Dad to catch his horse, gave him a screw top bottle for the cream, and then waved him off.



Christmas Day dawned, and he wasn't home, so I rang their number, but found that they had moved on elsewhere.

Our eldest son cared for the chicken while they ate their porridge, and I went to milk our two cows – one lot of milk for the house and one for the dogs.

We always ate close to one o'clock, so the littlies could go down for their afternoon nap.

I tried to stay calm and loving and in a state of grace, reminding the children about Christ's birth, and feeling bereft that I wasn't able to attend Christmas Mass. I scalded the milk in the double boiler, and continued with the house chores.

By dinner time, the cream for the pudding was still missing. With still no sign of him, and the phone not being answered, fear crept in. Not being able to contact him, I organised tea, then bathed the children and put them to bed.

It was the saddest Christmas I have ever had, because it was the first time without him since we were married.



Boxing Day dawned.

Milking was done and the children were sitting down to breakfast, when we heard singing ...

♪ "Mary's boy child
Jesus Christ was born
on Christmas Day!" ♪

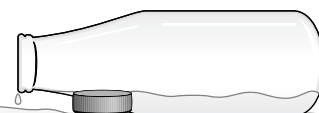
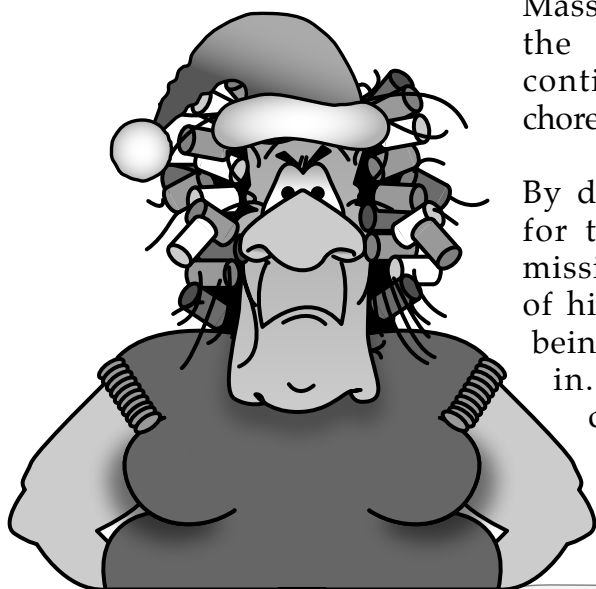
All the family said in unison "That's Dad's voice. He's coming home mum, and he's happy".

I was glad they didn't ask how I was feeling, because I don't think I would have been able to answer in a nice way.

Later, he thought it was still Christmas Day. He wasn't sure where he had ended up, but he was hungry and, to top it all off, the cream – two days old and not refrigerated – had gone off.

Years later, when he re-told the story, he always ended with, "When I did get home, not only the cream was sour!"

Matha Hoani



Tips on Turmeric

The benefits for arthritis & inflammation



Belonging to the ginger family, turmeric has been used in East India and the Middle East for thousands of years, and is now one of the most highly-prized spices in the world. Ancient medicinal uses for turmeric began when it was noted as an anti-inflammatory agent, and then to treat a wide variety of conditions, such as jaundice, menstrual problems, blood in the urine, haemorrhaging, toothaches, bruises, chest pain, flatulence, and colic.

Health Benefits of Turmeric

Basic nutritional aspects of turmeric include a 26% daily value in manganese and 16% in iron. It's also an excellent source of fibre, vitamin B6, potassium, and healthy amounts of vitamin C and magnesium.

The health benefits of turmeric include an improved ability to digest fats, reducing gas and bloating, decreased congestion, and improved skin conditions such as eczema, psoriasis, and acne.

Curcumin, the primary pharmacological agent in turmeric, contains proven effects that are comparable to over-the-counter anti-inflammatory agents as well as some prescription medications. But curcumin doesn't produce the toxic effects that

synthetic drugs sometimes do, such as ulcer formation, internal bleeding, and even a lowered white blood cell count.

More reported health benefits of turmeric include relief from joint pain, such as rheumatoid arthritis, reduced joint swelling, and greater range of motion when used regularly. It's another case of the spice alone having similar effects to that of a prescription medication, but with fewer symptomatic downsides.

To get the most of what turmeric has to offer, use it to enhance many of the current ho-hum dishes on your table, such as fish dishes, or any meat for that matter. Turmeric can add delicious complexity to mashed dishes like potatoes or cauliflower, sautés with onions, broccoli, carrots, or bell peppers. It can be used as a base for creamy vegetable dips, sauces, and egg salad.

Be sure to choose the full, organic turmeric spice rather than a curry blend, which has a negligible amount of anything healthful.



Source: Excerpts from mercola.com

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 members for publication in future newsletters.

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



The Gingerbread Cake



We were living in Dunedin in 1966 and as a young bride I was not a very proficient baker.

Our friend *Robyn's* mother *Isabell* had arrived from Brisbane and I was invited to afternoon tea to meet her. Amongst the treats *Isabell* had baked was one of my favourites: Gingerbread Cake.

I love gingerbread and it was one of the most delicious ones I had tasted. I asked *Isabell* if she would give me a copy of the recipe, which she did.

A few weeks later, when my Mother came to stay, I made the gingerbread cake. It turned out a disaster. I was so upset, because here was me trying to impress my Mum with my baking skills.

Mum asked to look at the recipe. When she saw it she could immediately see why the cake was not a success.

Next time I saw *Robyn*, I told her about the flop with the gingerbread cake. She said, "Oh Judy, Mum doesn't usually give out her recipes and if she does she leaves out a couple of the ingredients."

Judy Brocherie

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

OWN Recipes

Gingerbread Cake

With *all* the ingredients!



This can be served warm or cold and buttered. It is also lovely as a dessert with custard, ice-cream, or cream.

Ingredients

- 125 grams Butter
- ½ cup Milk, plus another 2 tablespoons
- ¾ cup Brown Sugar
- 2 cups Flour (sifted)
- ¾ cup Golden Syrup
- 3 teaspoons Ground Ginger
- 1 large Egg (beaten)
- 1 teaspoon Baking Soda

Method

1. Pre-heat oven to 160°C.
2. Line a 20cm square tin or a loaf pan with baking paper.
3. Warm the butter until it has just melted. Add the brown sugar, golden syrup, and beaten egg, and whisk.
4. Without mixing it in, add all of the milk, then the flour, ginger, and baking soda. Mix all together until it is smooth – it will be like a thin batter.
5. Pour into the paper-lined tin and cook for approximately 1 hour, or until an inserted skewer comes out clean.
6. Allow to cool in the pan.



Enjoy!

Arthur



The community on *Zomba Plateau* (in Malawi, east Africa) was a small one – a dozen houses in all, half of which were holiday cottages and empty most of the time. There was also a small hotel, *The Ku Chawe Inn*, which commanded a stunning view of *Mt Mlange*. More importantly, it was the watering hole for our community.

Arthur was one of our more colourful residents. When he retired, he had given the farm where he had grown tobacco to his workers, and had moved to his dilapidated cottage on the *Plateau*. This was shortly after we also took up residence there.

Arthur came from a well-to-do Yorkshire family, their business being in publishing or gloves (I can't remember which). He had left home to join the **Royal Flying Corps** during World War I. During this time, he had sustained an injury which left him with a large hole gouged out of his left leg. A friend of ours swore

he could see cobwebs in it. After the War, *Arthur* drifted about doing various things, including growing bananas in Queensland. Eventually, sometime in the early 1930s, he arrived in Nyasaland (now called Malawi). He bought land in the central province, which was going cheap, and there he grew tobacco, later adding maize to his crops. He told me that, at that time, he was living on £40 a year. This paid for everything, including the labour's wages and food, his food, his clothing, seeds, and anything else he required.

When we first met *Arthur*, he was (and there was some dispute about this) just coming up to his 80th birthday. He was adamant that it would be his 80th. We celebrated his birthday in style – two years too early, as it transpired.

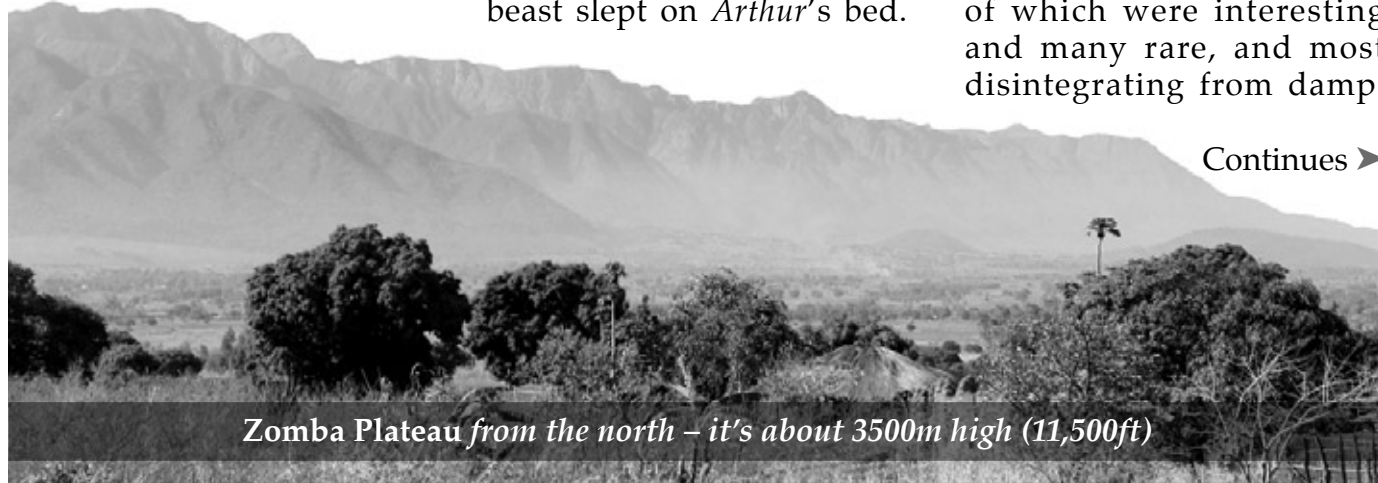
Arthur lived in the cottage with his Muslim servant, who was as ancient as he was, and an equally decrepit and a rather bad tempered Jack Russell. This cantankerous beast slept on *Arthur's* bed.

Arthur always claimed that every time he turned over or indeed moved, the dog bit him. There was another bone of contention between them, and that was *Arthur's* love of playing classical music full-blast on his gramophone. Up would go the dog's nose, and long and mournful howls would emanate from him. *Arthur's* response was always to increase the volume, purely to annoy the dog even more, and it would retaliate by ratcheting up its own howls to a rising and hysterical crescendo.

We were regular visitors, and often had a cup of tea with *Arthur*. It didn't do to be too fussy over hygiene. Tea was always served black (very black) with or without a scented geranium leaf floating in it. I can think of better uses for scented geraniums! *Arthur* was a heavy smoker. He used the most beautiful engraved christening mug as an ashtray – such sacrilege!

Well educated and widely read, his house was overflowing with books, all of which were interesting and many rare, and most disintegrating from damp.

Continues ►



Zomba Plateau from the north – it's about 3500m high (11,500ft)



◀ continued.

Two I particularly remember enjoying was a biography of *Richard Burton* and a book by *Lord Curzon* entitled **Travels in the Levant**.

Arthur was the most contented of men, with his music and his books, and with the other special love of his life – angling. He would get into his old box body car and drive down to the dam. There he would spend many hours each week during the fishing season, either at the dam, or wandering along the footpath by the stream, fishing for rainbow trout. In the past, he had treated himself to a month in Scotland every couple of years for the salmon fishing season.

As the years passed, *Arthur* became more insecure on his feet and his driving caused concern, to say the least. On one occasion, he drove his car into a tree. Eventually, he decided to go into the retirement home, more I think because he no longer felt secure in his cottage. He found it rather humiliating being cared for by – as he put it – a bunch of women (the home was run by an order of German nuns.) *Arthur* spent the last few months that he had left to him being cared for by them.

He was yet another of those eccentric people who has remained, with affection, lodged unforgotten in my memory.

Helen Welsh

A Great Day Out



I went to the **Hamilton Tulip Festival** last month with *A Better Senior Life*. It was a lovely day, strolling round the extensive grounds, and enjoying the cultural entertainment from Holland, especially the traditional Dutch dancing, with the dancers in traditional dress. For me, being picked up and dropped back at home by *Christina*, our guide, was a bonus and, of course, it was so much nicer going with a friendly group instead of being on my own.

I'm looking forward to more day trips with them, and I'm deciding which of the three or five day tours in New Zealand – or overseas tours – I might choose next. Tiritiri Matangi, and *Glenbrook Railway* with lunch at *Wright's Watergardens* are top of my list at the moment.

Mary Martin



If you are interested in joining Mary on some of these A Better Senior Life trips, or finding out more about them, please contact Mary Martin, ph: 478-4847.

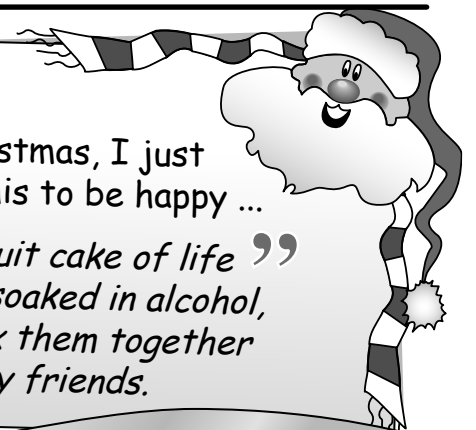


We send our condolences to Mary on the passing of her husband Eric, and assure her of our love and support.

Dear Santa,

I don't want much for Christmas, I just want the person reading this to be happy ...

“ *Friends are the fruit cake of life* ”
– some nutty, some soaked in alcohol,
some sweet, but mix them together
and they're my friends.



*We wish all our members
a wonderful Christmas
and a happy New Year!*