



Autumn 2016

News & Views



Our Women's Network North Shore • PO Box 34-383, Birkenhead, Auckland 0746 • info@own.org.nz • www.own.org.nz

Happy EASTER



The *Easter Bunny* is a folklore figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. For the German Lutherans, the *Easter Hare* (*Osterhase*) originally played the role of a judge, evaluating whether children were of good behaviour at the start of the season of Eastertide. The *Easter Bunny* in legend is the creature who carries coloured eggs in his basket, to the homes of good children.

More Easter facts on page 9 ►

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



Dear OWN members ...

We welcomed 2016 with our first **High Tea** which was on 20 February. An enjoyable afternoon was spent in meeting old friends and making new friends. We sipped many different kinds of teas and sampled many varieties of home baked goodies.

Clara's magic touch transformed the hall into a delightful setting for a tea party. Thanks to all of you who worked so hard to make the place look inviting and set up the tables which looked fabulous. We owe a tremendous debt of gratitude to all the members who prepared the food – no mean task! Thanks to *Julia* and *Rika* who brought out their best tea sets and added to the atmosphere of a 'High Tea Party'. Thank you so much *Judy*, *Beate*, *Rachael*, *Rika*, *Stephanie*, and *Daniella*. Many thanks to *Rachael* whose contribution was invaluable in the organisation of the event.

Grateful thanks also to *Juerg* for looking after our sound system. Special thanks to our entertainers: *Aria* with her violin (asking for the audience to rise, which looked like a standing ovation!), to *Stephanie* for reciting her poem, and to *Sarah* for her songs. *Judy*, you were a wonderful quiz mistress!

Also, many thanks to those members who helped with the clearing up and the washing up – more hands make lighter work. I am

really grateful to all the volunteers who contribute their time, their expertise, and their enthusiasm to our events and activities.

At the last **OWN Festival** the workshop on *Kitchen Gardens & Healing Herbs* was very popular, but many people missed out due to attending other workshops, thus our next workshop, **Kitchen Table Plant Medicine** (see page 3 for more details), on Saturday, 2 April will be a more comprehensive version by the same person.

The *Theatre Group* is going to see *Roger Hall's* latest play *You Can Always Hand Them Back* at 2:00pm on Sunday, 17 April (see page 4 for more details). We already have 20 people attending, but more are welcome to join us.

Our **OWN Festival** this year with the theme *Come Cruising With Us* will take place on Saturday, 28 May (see page 3 for more details), so please put that date in your diaries now. We plan to have an interesting programme of cruising entertainment and activities.

Our Groups are also back on deck after the holidays. If you want to start a Group or have questions, please do not hesitate to ask. **OWN** belongs to its members and vice versa!

We look forward to a great year ahead.

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



Up-coming Events ...

Kitchen Table Plant Medicine

By popular request for those who missed out at the **OWN Festival** last year, this workshop, presented by *Anissa Ljanta*, looks at three commonly found medicinal plants and their uses, how to heal common health complaints using the plants around us, gathering and storing medicinal plants, and making medicines, teas, poultices, and tinctures. Includes a copy of the *Plant Medicine Handbook*.

When: 10:00am – 1:00pm,
Saturday, 2 April

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

Cost: \$10 per person

Limited to 20 people!

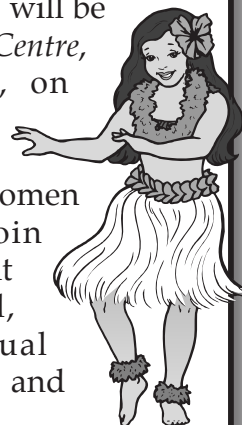
To register, contact
Rachael Bro, Takapuna North
Community Co-ordinator,
ph: 486-2098, mobile: (029)201-2975,
or email: office@takapunatrust.org.nz



OWN Festival 2016 Come Cruising With Us

This year's **OWN Festival** will be held at the *Positive Aging Centre*, The Strand, Takapuna, on Saturday, 28 May.

It will be a day where women of all ethnicities can join together in an environment of education, mental, physical and spiritual stimulation, and warmth and friendship.



Watch the local papers and libraries for programme information, or contact *Joan Lardner-Rivlin*, ph: 483-9671, or *Julia Masters*, ph: 483-6258, or visit the **OWN** website: www.own.org.nz

OWN AGM 2016

Please diarise now – we need your attendance!

We urgently need nominations for the Secretary position – *Patricia*, our current Secretary is very happy to support the transition process.

When: 10:30am – 12:30pm,
Saturday, 18 June
(To help with the set-up, please arrive at 10:00am)

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

Cost: Koha. Please bring a plate for a shared lunch afterwards

For more details, please contact
Patricia Russell, ph: 479-7519.



OWN Brainstorming

Brainstorming for new ideas needed to update the **OWN** brochure. We welcome all **OWN** members to attend and give their suggestions. Please bring your own lunch.

When: 10:30am,
Saturday, 30 April

Venue: *Mary Thomas Centre,*
The Strand, Takapuna

For more details, please contact
Julia Masters, ph: 483-6258, or
Joan Lardner-Rivlin, ph: 483-9671.

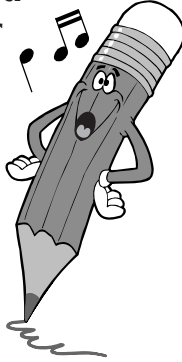


Remember to check out our website for news, pictures, events, etc.
www.own.org.nz

Heloisa is Back!

BACK Art Classes

Heloisa has resumed her **Art Classes** this month at the *Mary Thomas Centre*, The Strand, Takapuna on Tuesdays (2:00pm – 4:00pm). The classes are free, but a gold coin donation to cover materials is appreciated. Classes are limited to a maximum of 10 people. To register for a class, please contact *Rachael Bro*, Takapuna North Community Co-ordinator, ph: 486-2098 or email: office@takapunatrust.org.nz



NEW Singing Group

Singing for Joy is a new Group coming together to sing songs, old or new, in English or other languages, to help maintain or develop our abilities only – **no concerts**. Feel free to bring your favourite songs. The group will choose which songs to sing. Interested? Then please contact *Heloisa*, ph: 489-4638.

OWN Theatre Group Trip

You Can Always Hand Them Back

Roger Hall's latest play is a vintage Kiwi comedy, packed with laughter and tinged with tears, and a heart of gold that puts the "grand" in grandparenting – no grandparent will want to miss and no would-be grandparent should.

When: 2:00pm,
Saturday, 16 April

Venue: *Sky City Theatre*,
Auckland CBD

Tickets going fast! To book a seat, contact *Joan Lardner-Rivlin*, ph: 483-9671, or email lardner_rivlin@xtra.co.nz



OWN Group Contacts

Saturday Events / Workshops

To be confirmed – see page 3 and the next issue of *Oh! What Next?* for more details.

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 Discussion Group

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

Tai Chi for Older Women

Meets on Wednesdays. For details, contact *Susan Pichler*, ph: 478-5569.



OWN Theatre Group

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



NEW Singing for Joy

Sing songs, old or new, together only to help maintain or develop our abilities – **no concerts**. For details, contact *Heloisa*, ph: 489-4638.

Rummikub Club

A good way to keep your brain active. Meets on the last Friday of the month in Beach Haven. For details, contact *Rika Werner*, ph: 950-6501 or mobile: (022)151-3957.



OWNs Alone Lunch

Meets on the last Sunday of the month at the in Albany. For details, contact *Judith Sumich*, ph: 478-6618.

The Gift



When I was a child, there were many department stores in Auckland City. In Queen Street, there was *Smith & Caughey's* (now a treasured lone survivor), *John Courts*, *Milne & Choyce* – also *Mackenzies* and *Woolworths*. A short free bus ride up Wyndham Street was the *Farmers* in Hobson Street. Along Karangahape Road there was *George Courts*, *Rendells*, and *Sneddons*.

I haven't heard it spoken of for a very long time, but just around the corner from Queen Street, in Victoria Street West, was an unpretentious one level department store called *MacDuffs*. Perhaps it was not as well patronised as the others because I recall quite empty spaces and the clear echoes of heels on the dark-stained wooden floors.

My mother's birthday was only a few days away and I had saved fourpence halfpenny to buy her a present. This would be the first time I had purchased a gift independently and

I was filled with eagerness and excitement to buy her something special. While she pretended to examine bolts of fabric, I wandered down the aisle which contained what I thought were the prettiest offerings – lipsticks, perfume, hankies. There was a lot of choice and I had to get it just right for my mother. Eventually I saw it – a small box decorated with printed flowers, containing sweetly-scented talcum powder. This was it. I knew she would be delighted to receive it.

The saleslady noticed me waiting, holding it up, almost dancing with anticipation.

"Can I help you dear?" she asked.

"Oh yes, please. I want to buy this for mummy's birthday."

"She'll love that dear. Sixpence please."

I was shocked and I hoped I was not going to cry. "Oh,

but I've only got fourpence ha'penny. I've been saving up for so long."

She looked at me, paused thoughtfully and then gently said, "That's alright sweetheart. You can have it for that."

I was so relieved by her kindness, I could only stammer my thanks.

She handed me the small carefully wrapped parcel and told me she knew my mother would have a very happy birthday indeed because I had saved up and chosen her gift so carefully.

That young woman probably had to make up the difference in the day's takings personally, but her kindness to a small hopeful child is still remembered more than seven decades on.

Shirley Williams



OWN Coffee Meetings



Sadly, the **OWN Coffee Groups** are no longer active.

We'd love to hear from anyone who is interested in forming a new Group under the **OWN** umbrella.



Correction & Clarification

The poem *Walking With Grandmother* printed in the **OWN News&Views Summer 2015 – 2016** newsletter was not written by a member of the **Tai Chi Group** as was attributed in that issue, but rather the poem was submitted to us by a member of the **Tai Chi Group** and written by a separate unknown author.



Forgetfulness?

Forgetfulness? No, not me!
There's nothing wrong with my memory
No need for prompts by phone or text
I know exactly what I need to do next!
My mind is full of important data
Of things to be done ~ now or later
I only wish I could recall
Where in my head I've stored it all!

Patricia Russell



Handy Hints



Potatoes

To prevent potatoes from budding, add an apple to the storage bag / box.



Chopping Onions

To prevent your eyes watering while chopping onions wipe the chopping board with white vinegar which won't affect the taste of the onions.



Grease Stains

To remove grease from clothes rub white chalk on affected area, then wash in the normal way. The chalk will absorb the grease and be washed away in the cycle.



Sharp Scissors

To sharpen scissors cut through steel wool, or folded sandpaper or aluminium foil.



Reminder ..

Annual Subscriptions Due

A friendly reminder that your OWN membership subscription for 2016 is now overdue.

Please make your \$15 payment either by cheque to:

Our Women's Network

PO Box 34-383

Birkenhead

Auckland 0746

or (preferably) straight to our bank account at **ASB Bank** with your name as the reference:

Our Women's Network 12-3053-0401733-00

Many thanks!



Electoral Campaigning in Guatemala

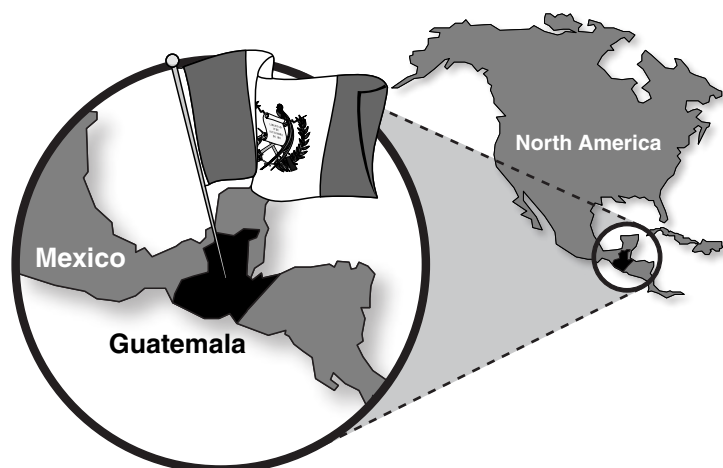


In July and August 2015 I visited Guatemala, “El Pais de la Eterna Primavera” – the land of the eternal spring. The weather in this Central American country was beautiful. In many places it was like a warm New Zealand spring, but in other parts of the country it was very hot – just like a typical Auckland summer day.

“Spring” is usually connected to the season of growing, of hope, of new beginnings. When I arrived in the capital, Guatemala City, it was obvious that it was election time. Electoral campaigns are meant to give hope to potential voters. Hope for growth and new beginnings – a different kind of spring.

Guatemala is the country in Latin America with the highest percentage of indigenous people. More than 50% of the population are descended directly from the ancient Mayan people. “Indigenous” doesn’t mean half-blooded or quarter Mayan or even less. Indigenous here means more than 50%, and in fact I believe that most of the indigenous had no European blood. Unfortunately, this majority of the population is not visible in Parliament. The Ladinos, descendants of indigenous people and Europeans, are ruling the country.

Visiting the famous ruins of Tikal that date back to the 4th century BC, I wondered how



it was when the once proud Mayan people were defeated. The historians today believe that it was about 900AD when the Classical Mayan Civilisation collapsed – probably due to droughts and famines. When the Spaniards arrived at the beginning of the 15th century, they brought new diseases, but also new structures to the area. A new beginning? Yes, but not a beginning of hope for the indigenous people. It seems to me like this was the beginning of a state of helplessness in the light of new rulers from outside.

At the declaration of independence from Spain in 1821, 300 years after the beginning of the colonisation, the Guatemalans of European descent and the Ladinos took power. What about the indigenous people? They were still the majority! When was their spring to come?

Guatemala has seen many different Governments or regimes, and a Civil War that lasted 36 years. After almost 200 years of independence this beautiful country is still suffering with selfish politicians ruling the country. When I said to a Guatemalan lady that the word “minister” derived from the Latin word “ministrare” which means “to serve”, she agreed and said, “Yes, they definitely serve themselves.”

On the plane going to Guatemala, a young American who had been in Guatemala several times told me that the country couldn’t get on its feet as long as the citizens won’t pay taxes. I think that he had not realised that the top politicians of the Government had been convicted of fraud and deviating the taxes to their own pockets!

The Guatemalans are not stupid! I can understand that the people don’t want to pay taxes if the money is going to private

Continues ►

◀ continued.

pockets rather than supplying the hospitals with medicine and filling large pot holes.

The Electoral Campaign

A great hope for a change in Government, a new beginning for the country. In one newspaper I read, "Guatemala now has the chance to set an example for Latin America and eradicate corruption on Government level". A hope, a dream for many.

In the meantime, while I was travelling through the country, I saw electoral canvassing everywhere. I think that the face of the candidates *Baldizón* and *Sandra* will stay in my mind for a long time. Apparently the candidates bribed left and right. They organised marches, supplied people with paint and canvassing, and sponsored pick-up trucks or utes to transport people in rural areas – with the political slogans on the vehicles, of course.

I was amazed that you just couldn't escape the canvassing. Even in the most remote areas where there was probably no running water and limited electricity you would see rocks, houses or trees painted with the colours of a political party.

A medical doctor who serves in Alta Vera Paz told me that she knew people who had T-shirts from different political parties



Canvassing banners along roadside crash barriers



Political canvassing (the 'bullseye' logo) in a remote area of Guatemala

which they wore depending on who was to celebrate and sponsor an event. Some people apparently even had one colour on one side of the jacket and the logo of the other party on the other side of the jacket! Clever? Cunning?

It seemed to me that it was more than that. I think it shows the great level of frustration: no matter who would win the elections, the winner would be corrupt. Who would change the system? As the proverb says, "If you can't beat them, join them". Is this a solution?

There have been several people in the country who were courageous enough to stand up against injustice and corruption. Some of these people are now in jail, others have been killed.

When I was in the country, the Vice-President (the first woman in this position) was in jail for corruption. After I returned to New Zealand, the President was also arrested. The protests against corruption were big, but in the end, almost 50% of the old deputies were re-elected into their positions.

Since the resignation of the Guatemalan President, the country is ruled by an Acting President. His name is *Alejandro Maldonado* – "Maldonado" means "badly given". I hope that despite his last name this man, who is almost 80 years old, will lead the country to a new spring.

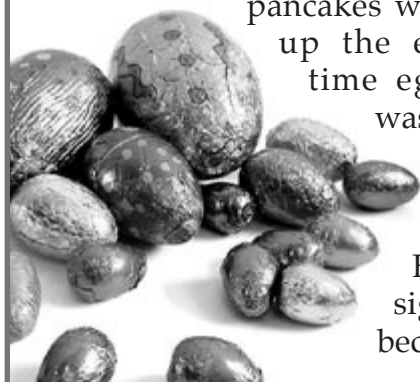
Beate Matthies

Facts About Easter

In the Northern Hemisphere, Easter is celebrated during the season of Spring. The symbols of the *Easter Bunny* and eggs are signs of fertility and new life. Originally the eggs were painted or dyed birds' eggs. Chocolate eggs were first made in Europe in the early 19th century.

Another Easter custom is the eating of hot cross buns. These are made from spicy fruit-filled dough shaped into buns with a cross on the top made from some of the dough. The symbol of the cross was a reminder of *Christ's* death by crucifixion on the cross.

Some religions did not allow the eating of eggs during Lent. On Shrove Tuesday, the day preceding Ash Wednesday, pancakes were made to use up the eggs. The next time eggs were eaten was 40 days later on Easter Sunday.



For Christians, Easter is a most significant festival because it celebrates

the resurrection of *Jesus Christ* from the dead. Christians all over the world celebrate Easter in different ways and even at different times of the year. For the Russian and Greek Orthodox, Easter is based on the Julian calendar, which differs from the Gregorian calendar used by most western countries. For them Easter falls on the 1 May this year.

New Zealand is a country of cultural diversity, of people with different religions, faiths, and customs. Not all celebrate Easter the same way. For instance, people of the Jewish faith celebrate Passover, the exodus from Egypt – going from slavery to freedom and on to the Promised Land.

Here in the Southern Hemisphere, although it is not Spring, we still adhere to the European custom of rabbits and eggs, albeit made from chocolate ... and I really love those hot buttered spicy hot cross buns.



Judy Brocherie

Wanted



Patricia Russell, our Secretary has served the **OWN Committee** faithfully and will be standing down. We need someone to fill this position after the **AGM** (see page 3 for details).



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@xtra.co.nz, or *Judy Brocherie*, ph: 473-5016, email: jgbrocherie@ihug.co.nz, or by post to:

Patricia Russell
34A Redwing Street
Browns Bay, Auckland 0630

Maya Angelou

Maya Angelou was an amazing inspiration who left a great void when she died in 2014 at the age of 86. She was an American author, poet, historian, songwriter, playwright, dancer, stage and screen producer, director, performer, singer and civil rights activist. She published seven autobiographies, three books of essays, and several books of poetry and was credited with a list of plays.



Some of her quotes include ...

“Never make someone a priority when all you are to them is an option.”

“If you don’t like something, change it. If you can’t change it, change your attitude. Don’t complain.”

“There is no greater agony than bearing an untold story inside you.”

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

“My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humour, and some style.”

“Try to be a rainbow in someone’s cloud.”



Judy Brocherie’s Kitchen

Judy, you have shared some wonderful recipes with us, therefore I think that your recipes should become a regular feature in **OWN News&Views**. This salad which we at Writing for Future Generations Group sampled last Christmas is delicious. Thank you Judy for sharing your recipes and for your help with the newsletter. – Rosemarie

Brown Rice Salad



Ingredients

- 1 cup Brown Rice (uncooked)
- $\frac{1}{3}$ cup Cashews
- $\frac{1}{3}$ cup Pumpkin Seeds
- $\frac{1}{3}$ cup Sunflower Seeds
- $\frac{1}{3}$ cup Currants
- $\frac{1}{3}$ cup Spring Onions (finely chopped)
- $\frac{1}{3}$ cup Parsley (finely chopped)
- $\frac{1}{2}$ Red Capsicum (finely chopped)

Method

1. Cook the rice for approximately 35 minutes. Drain and set aside to cool.
2. Mix all other ingredients.
3. Add to cooled rice.

Dressing

- $\frac{1}{4}$ cup Rice Bran Oil
- 1 desert spoon Brown Sugar
- 1 tablespoon Lemon Juice
- 2 tablespoon Soy Sauce

Mix all the dressing ingredients together and pour over the salad.



Enjoy!

Noises in the Night



One night recently I heard a baby crying after midnight and spared a thought for my new neighbour a mother of four, including a newborn and an 18 month old. However, the cry developed into a full blown wailing of about ten cats in the back yard. My son got up to reassure himself that our own cat was tucked up safely in her own bed and looking out saw one cat and threw a glass of water in its direction, whereupon the noise ceased. My son reckoned there were only two cats involved.

This incident recalled to me a never to be forgotten night when I was the mother of four children, including a newborn and an 18 month old. The family were all peacefully sleeping when the 18 month old *John* woke up crying. I went through to his room and picked him up, went to the kitchen with him and gave him a drink, calmed him down, and put him back to bed.

As I returned to my bedroom the newborn woke up in full cry. I picked him up and as I had *John* cried again so

I laid the crying baby on the bed by my husband's ear. Needless to say he was still sound asleep. I calmed *John* down again and returned to pick up the crying baby.

Did I say we lived in an end flat and through the wall from our bedroom was the bedroom of a widowed elderly gentleman? So he added a few bangs on the wall to add to the chaos. *John* was still crying, but it was a sleepy cry by now, so I went ahead and fed and changed the baby, and as I laid him down *John* stopped crying and there was a moment of blissful silence.

In that moment our apparently enraged neighbour slammed his front door with such force that the glass panel in it smashed. He then went and fetched an old blind or something and

proceeded to hammer this over the broken pane with innumerable nails or tacks.

Mercifully the youngsters continued to sleep peacefully while my husband, now fully awake, and I lay appalled in our bed.

In the morning my husband went off to work. As it happened, his employer was the owner of the block of three flats so he was able to report the events of the night.

I got the family up dressed and fed, the five year old off to school, and did the daily wash and went to hang it out. As I passed the third flat I spoke to the woman there and asked if she had heard the commotion. She was quite upset and because she knew my husband had a quick temper had imagined that the two men were fighting and had lay quaking and saying her prayers. I was able to reassure her that no blows were exchanged.

Fortunately there was no recurrence of this drama.

Wendy MacLeod



Did you know?



A new baby usually deprives each of its parents around 350-400 hours of sleep in the first year. That works out to around one nights sleep lost per week, per parent.



The average woman changes a baby's nappy in 2 minutes and 5 seconds. Interestingly, the average man does it in 1 minute and 36 seconds. So men can change a baby faster ... but the real question is this: do they change it properly?



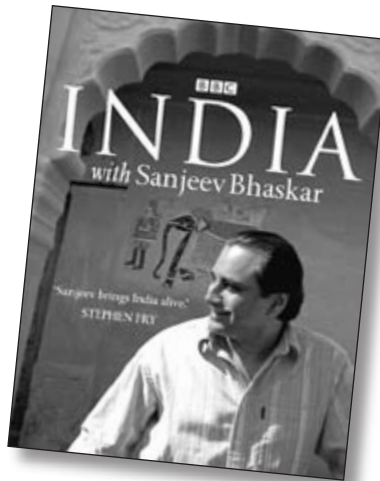
India With Sanjeev Bhaskar

By *Sanjeev Bhaskar*

Published by Harper Collins in 2007



I happened on this book by accident. Until now India was not in the top ten countries on my bucket list for travel. If you have already visited India, planning on visiting in the next little while, or are merely an armchair traveller, I would recommend you take this journey with *Sanjeev Bhaskar*. Some of you may remember him as the actor and scriptwriter from TV programmes such as *The Kumar's at No. 42*, *Goodness Gracious*, *The Indian Doctor*, and the recent crime drama series *Unforgotten*.



reader is allowed to share his thoughtful and often very witty view of India as it is now. There are all the contradictions of an ancient and awe inspiring country moving into the 21st century, sometimes with a struggle, sometimes with great success, and coping with the staggering logistics of a population which comprises 17.5% of the world's people.

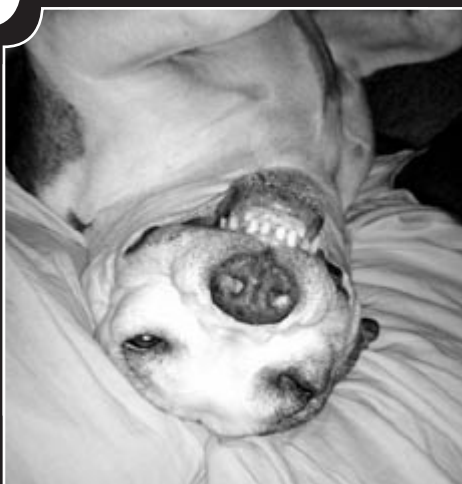
Whether he is visiting the spiritual heartland of India, exploring the new high-tech industry, or checking out Bollywood, the author gives the reader an informative and very perceptive view of India. This book is not all "ha, ha, hee, hee". The author sets out on a personal journey to explore the country of his roots, and views it through the eyes of someone who is deeply attached to it, but, at the same time, has grown up in the UK. Growing up as a young British Asian in the 1960s, he visited India with his parents. Now he visits India as an adult.

I found the section of the book devoted to visiting his relatives and looking back on the era of partition moving and illuminating. The act of partition, made by politicians is a hard one to truly understand. It was a decision resulting in the huge upheaval of humanity when thousands like his parents were forced to leave their country. On the final page of his book he writes a tribute to his parents: "Every parent should document their life story to be passed on down through the generations; no life is irrelevant"

Stephen Fry commented that "*Sanjeev brings India alive*". Try the book. You won't be disappointed. Also available is a BBC documentary series on DVD – both can be requested through Auckland City Libraries.

The book is beautifully presented, with an excellent map and great photographs. The

Anne Briggs



**Do not look at physical appearances,
they can be deceiving.**

**Do not look at riches,
for they are only temporary.**

**Look for someone who makes you smile,
because sometimes it only takes a smile
to brighten up a very dark day.**

Look for someone who makes your heart sing.