



Spring 2016

www.own.org.nz

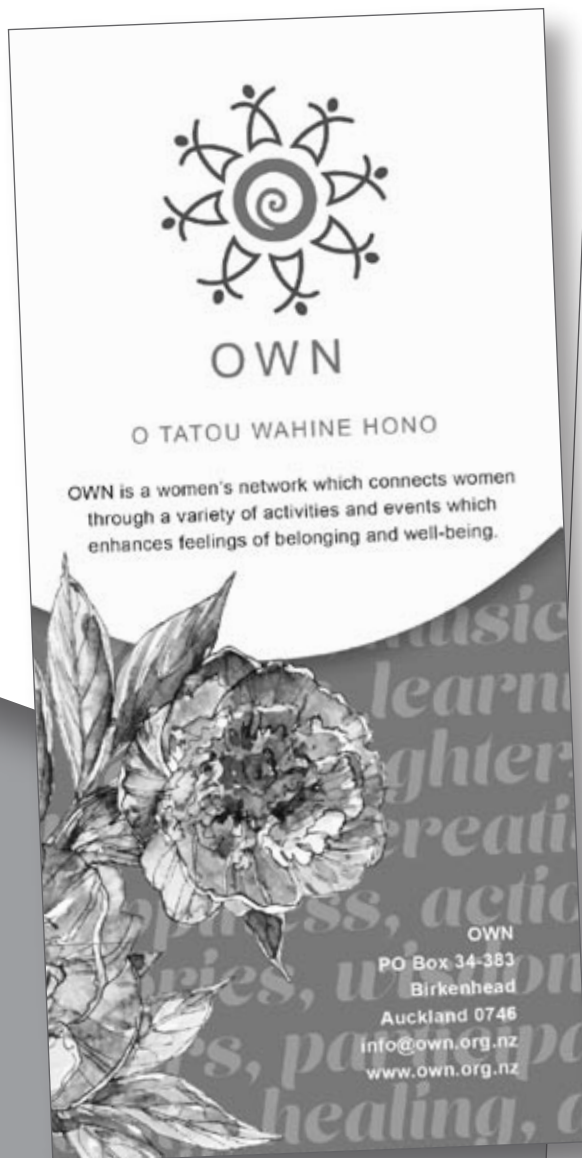
# News & Views

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



OWN

## Introducing your new ... OWN



OWN seeks to enrich women's lives through giving them opportunities to make friends, share stories and ideas, and learn new skills.

*Women Sharing - Drama, music, friendship, learning, food, laughter, relaxation, creativity, happiness, action, stories, wisdom, answers, participation, flexibility, healing, dance.*

- ✂ New OWN Committee
- ✂ Handy Hints
- ✂ Up-coming Events
- ✂ Home Remedies
- ✂ Members' Contributions
- ... and more!



Photos from the OWN Festival 2016, in colour, on the centre pages!

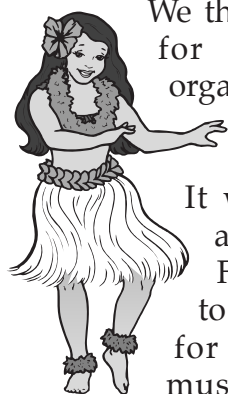


**OWN is a women's network which connects women through a variety of activities and events which enhance feelings of belonging and well-being**

# Dear OWN members ...

It seems so much has happened since our last **OWN News&Views** edition. We were then in the process of making final arrangements for our **OWN Festival**, "Come Cruising With Us", which really lived up to expectations. Thank you to the *Festival Committee* for all their hard work in making it such a memorable occasion (photos on pages 6 - 7).

A special thank you to *Clara* for waving her magic wand and turning the *Positive Ageing Centre* into a wonderful ship's deck – very authentic! Another special vote of thanks goes to our marvellous caterer, *Emma Ah-Kuoi*, who provided a very tasty Pacific Island themed menu, and thank goodness, there was no agonising of "what shall I bring on the plate?"



We thank all the performers and *Clara* for her Samoan dance, and for organising the Hawaiian hula, as well as our delightful Indian dancer, *Medha*, who brought her friends.

It was special hearing *Lin Lorkin* and *Hershal* contribute some French songs. We are also grateful to *Heloisa* for her art classes, *Carvin* for explaining the history of film music, *Billie Jordan* for her hip-hop class, *Kat* for Zumba Gold, and *Dawn* for her warm-up exercises.

It is always a delight to have *Esther Davis* start off proceedings with a karakia and to have *Mike Cohen* from the *Devonport-Takapuna Local Board* open the **Festival**. Mike has always been very supportive of OWN

If we had gold medals to give, we would award one to *Rachael*, the Takapuna North Community Co-ordinator. Her help is invaluable and we are grateful for the support of the *Takapuna North Community Trust*. The silver medal goes to captain *David Stewart* for his role on "S.S. OWN".

Our **AGM** was held on 18 June, with guest speaker *Tessa Duder*, who spoke eloquently

about her latest book. Our members bought all the book stock *Tessa* had with her, and a copy was bought for OWN members to borrow.

The 2016-2017 OWN Committee is:

*Joan Lardner-Rivlin* .....Chairperson  
*Judy Brocherie* .....Vice-Chairperson  
*Janet Johnson* .....Secretary  
*Beate Matthies* .....Treasurer  
*Rosemarie Carr* .....Newsletter Editor  
*Rika Werner* .....Membership Secretary  
*Heloisa Barczak*  
*Val Bird*  
*Pat Bish*



We thank *Patricia Russell*, who has been Secretary for the last three years, and *Julia Masters*, who was Publicity Officer and Chief Fund-raiser, for their contributions in the past.

There is another special occasion to look forward to. The day after our **Pub Night**, (Saturday, 10 September), is *Betty Faesen's* 91<sup>st</sup> birthday. We wish her a wonderful, fantastic birthday as she is a wonderful, fantastic woman. *Betty*, we are so privileged to know you!

Planning will be starting soon on our next **OWN Festival** and our new brochure, as shown on the cover, will soon be ready for distribution. Another busy trio is *Anne Briggs*, *Patricia Russell*, and *Cherrie Keane*, who are putting together the next volume of **Writing for Future Generations** stories.

**Reminder:** the **Theatre Group** has tickets for *Billy Elliot the Musical* at the new *Waterfront Theatre* on 29 October. We are also involved in organising a **Variety Concert for International Day of the Older Person** at the *Positive Ageing Centre* on 1 October. Please see **Up-coming Events** on page 3 for more details.

OWN members can justly feel they are worth gold medals galore.

*Joan Lardner-Rivlin*  
Chairperson

# Up-coming Events ...

## Billy Elliot the Musical

By *Lee Hall*, with music by *Elton John*, and originally directed by *Stephen Daldry*. Based on the smash-hit movie.

OWN has secured a limited number of VIP seats for the matinee performance of this show by the *Auckland Theatre Company*.

**When:** 2:00pm,  
Saturday, 29 October

**Venue:** ASB Waterfront Theatre,  
Halsey Street,  
Auckland City Wynard Quarter

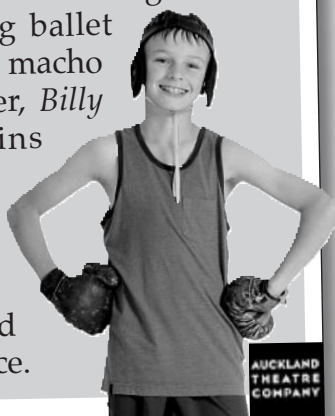
**Cost:** \$75 per person  
(normally \$107 per person)

We feel this is a musical which all will enjoy. For more details about the show, visit [tinyurl.com/OWN-BillyElliot](http://tinyurl.com/OWN-BillyElliot)

### Limited tickets!

To register your place, please contact *Joan Lardner-Rivlin*, ph: 483-9671, or email: [lardner\\_rivlin@extra.co.nz](mailto:lardner_rivlin@extra.co.nz)

Set in a northern mining town against the background of the 1984 miners' strike, **Billy Elliot the Musical** is the inspirational story of a boy's struggle against the odds to make his dream come true. A regular 11-year-old lad, *Billy* discovers he prefers a ballet class to his regular boxing lesson. While boys doing ballet is an issue for his macho father and brother, *Billy* eventually wins over his family and the entire community with the help of his dance teacher and a passion for dance.



AUCKLAND  
THEATRE  
COMPANY

Put this  
date in  
your diary

## Variety Concert

In honour of **International Day of the Older Person**, OWN, together with *The Takapuna North Trust* and support from the *Devonport-Takapuna Local Board*, is celebrating by putting on a **Variety Concert** for some of the local senior citizens (invitations will be offered to relevant groups in the community).

The entertainment will include local people performing dances, songs, and musical items. A light lunch will be provided.

**When:** 10:00am – 1:00pm,  
Saturday, 1 October

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

**Cost:** Free!

### Limited places!

To register your seat, please contact *Joan Lardner-Rivlin*, ph: 483-9671, or email: [lardner\\_rivlin@extra.co.nz](mailto:lardner_rivlin@extra.co.nz)



In 1991, the *General Assembly* adopted the **United Nations Principles for Older Persons**. In 2002 the *Second World Assembly on Ageing* adopted the **Madrid International Plan of Action on Ageing** in response to the opportunities and challenges of population ageing in the 21<sup>st</sup> century and to promote the development of a society for all ages.



Remember to check out our website for news, pictures, events, etc.  
[www.own.org.nz](http://www.own.org.nz)



# Bridges

Building Bridges ...

Destroying Bridges ...

Bridges to someone's heart. Bridges to someone's thoughts.

Bridges to unite. Bridges to communicate.

Bridges are links. Links make up strong or weak connections.

Bridges are joints. Joints have to be maintained.

Bridges symbolise power. Power to overcome obstacles.

Bridges open new horizons. Horizons towards the unknown.

Bridges offer control. Control to decide on the access.

Bridges - a simple tool for crossing over them. Bridges - a shelter if standing underneath them.

Beate Matthies

## OWN Group Contacts

### 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.

### OWNs Alone Lunch

Meets on Sundays twice monthly at the *Fairview Retirement Village* in Albany. For details, contact *Judith Sumich*, ph: 478-6618.

### Tai Chi for Older Women

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



### Heloisa's Art Classes

Free classes (gold coin donation appreciated), limit 10 people. Meets on Tuesdays at the *Mary Thomas Centre*, Takapuna. For details or to register, contact *Rachael Bro*, ph.: 486-2098.

### Saturday Events / Workshops

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

### OWN Theatre Group

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



### OWN Discussion Group

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

### Rummikub Club

A good way to keep your brain active. Meets on the last Friday of each month in Beach Haven. For details, contact *Rika Werner*, ph: 950-6501.



### Singing for Joy

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

# New **OWN Committee Members**

## **Janet Johnson**

### **OWN's new Secretary**

*Janet* was born in the North of England and comes from a large extended family. Some of her fondest memories stem from her grandparents hiring the local hall every year, just so they could accommodate family and friends, and get them all together at Christmas time.

She got married in her early twenties to a handsome member of the *Royal Air Force* and became a Forces wife. They had a wonderful few years of living and travelling, both at home and abroad, courtesy of Her Majesty's Service.

Always looking for adventure, and with two young children in tow, *Janet* and her husband had the opportunity to emigrate to New Zealand in 1989. They are proud to be New Zealand citizens and have lived on the North Shore since moving there in 1989.

Armed with a business degree from the *University of Auckland*, and a passion for social justice, she feels she has been lucky enough over the past 15 years or so to have had the opportunity to manage not-for-profit organisations which have had social justice at their heart. Working alongside volunteers at the *Citizens Advice Bureau North Shore* was especially rewarding. She has now moved into semi-retirement, but is still active on the Board of *Auckland North Community & Development* (formerly *North Shore Community & Social Services*) and is looking forward to being an *OWN Committee* member.

*Janet* believes *OWN* is a great network to belong to, with something for everyone. She especially enjoys being part of the **OWN Theatre Group** – what could be better than spending time enjoying live theatre in the company of like-minded women?



## **Pat Bish**

### **OWN's new Committee Member**

*Pat* was born and grew up in Wellington. Upon leaving college she spent 18 months nursing, but eventually found a career she was happier in when she worked for three years at the *Wellington Public Library*.

Marriage intervened, bringing with it the responsibilities of two daughters and their accompanying pets (budgies, cats, and mice) for the next seven years. Included within this time frame, was a nine-month residential trial period in Sydney.

Arriving back in New Zealand, the family moved to Auckland, and *Pat* ended up working for 28 years at the *Auckland City Library*.

Upon retirement she has enjoyed volunteering at *Browns Bay Citizens Advice Bureau*, and also helping at the local *Hospice* and *SPCA* shops.

Now she intends to just enjoy herself with friends and meeting other like-minded women. She belongs to *U3A* music and film groups, *Probus*, *60's Up*, and last, but not least, *OWN*. Her interests include books, travel, theatre, cinema, handcrafts, walking, senior gym, and Zumba Gold.

## *Well Wishes ...*

Our sincere condolences to *Shirley Williams* for the loss of her husband *John*.

We also send our warmest wishes to *Heloisa Barczak* as she cares for her husband, *Czeslau*, now home from hospital, but still having treatment. *Czeslau*, *OWN* very much appreciates your expert photography and helping hand at our events.





# Come Cruising With Us

S.S. OWN's Virtual Cruise • Saturday, 28 May, 2016 • Positive Ageing Centre, The Strand, Takapuna



Welcome aboard the S.S. OWN  
by Captain *David Steward*, Hostess *Joan*,  
and Chief Entertainment Director *Beate*



Young Indian dancers very keen to learn  
at *Heloisa's* Recyclable Art Workshop



The more mature members are  
also eager to learn from *Heloisa*



More Recyclable Art Workshop participants



Visit Fiji,  
entertained by  
Indian dancers  
*Medha* and  
friends.

A delight to  
watch!



Quiz time, led by *Judy Brocherie*,  
our wonderful Quiz Mistress



Hip Hop Workshop by *Billie Jordan* (left), founder and  
manager of "the oldest dance crew in the world",  
and Festival attendees practising the moves



A sumptuous Island feast  
enjoyed by all!



*Carvin Knowle* stimulates us with his  
knowledge of musicology and composition  
in the History of Film Music Workshop



New Caledonia: *Linn Lorkin*, with husband *Hershal*  
on accordion, kept us mesmerised with their ease  
and authenticity singing French songs



Festival attendees enjoying  
one of the performances



*Clara* (on the right with lei) who  
gracefully danced the Samoan Siva.  
Pictured with visiting relatives

This Event is Supported By

Devonport-Takapuna  
Local Board  
Auckland Council





# The Fruit of the Vine



I once lived in a house that had a grape vine. The grapes were barely edible, the skins leathery and the pulp not very sweet. I probably should just have left them to the birds, but I didn't. Instead I decided to try my hand at wine making.

If the job was to be done properly there were certain items of equipment needed. Some of these were not obtainable. Nevertheless, I proceeded without them. I was not about to be daunted by such a minor impediment – I improvised. The large glass demijohns needed to contain the wine I already had, due to our habit of buying flagons of Portuguese red each time we crossed the Mozambique border.



I probably would never have thought of turning my grapes into wine if it had not been for a friend. We were in the habit of having lunch with each other on alternate Sundays. John always produced a selection of his home made wine for

us to try. This must have brought out the competitive side of me, which doesn't often happen, or perhaps I was carried away by the high alcohol strength of his vintage wine. Whatever it was I embarked on the wine making period of my life.



My first efforts were not spectacular, but with practice I achieved some just-drinkable wine.

Whilst in Africa I used either grapes or guavas for white, and mulberries for red – I had a prolific mulberry tree in the garden. Cape gooseberries I had to rule out as they fermented so vigorously that the whole house was in danger of being engulfed in a tidal wave of fermenting wine.

We never owned a cellar and so we stored the numerous bottles of wine produced wherever we could find a space. In the pantry and in the garage were regiments of wine bottles which were supposedly maturing. The idea being to let them stay there for a year or so ... fat chance! Six months if we were strong minded.

I suspect that they were all a lot more alcoholic than was good for us. Occasionally the odd bottle exploded, frightening the living daylight out of me since I thought it was gunfire.



We continued making our own wine for several years. Then one day I said to my beloved, "Enough is enough. This consumption of alcohol must stop. I'm not making any more wine."



There is a tendency to believe if it's home-made, it is less alcoholic. Well that's what we told each other, and not only that, because it cost only time and labour, a never ending stream was in production. We enjoyed a glass or two, or three, every evening.

To be truthful, it was a relief not to have to bother any more with all that palaver of collecting fruit, preparing it, sterilising equipment, the testing of specific gravity, and all the other endless little tasks that went into making it.

It's much easier to just go and buy a bottle.

*Helen Welsh*  
(Story and paintings)



# Tessa Duder's Latest Book

We have been fortunate in past years to have a variety of great speakers for the OWN AGM. This year we were lucky in having Tessa Duder join us and thoroughly enjoyed hearing about her life as one of New Zealand's most successful authors. Many of us would have identified with her comments on living overseas and raising children, but at the same time fulfilling her wish to write. During her speech, Tessa introduced her latest book, *Sarah Mathew: Explorer, Journalist and Auckland's 'First Lady'*, to us and here is what she said about it ...



The story of 'the mother of Auckland', *Sarah Mathew*, is one that needs to be better known. My research for *Sarah Mathew: Explorer, Journalist and Auckland's 'First Lady'* revealed a well-educated, shrewd, tough Englishwoman whose contribution to New Zealand's early colonial history is considerable.



After an epic two-month winter exploration of the coast and harbours between the Bay of Islands and Firth of Thames in 1840 to determine a site for Hobson's capital, she was present with her husband Felton Mathew at the founding of Auckland

on 18 September. She left keenly observed, finely-written diaries and letters about her Auckland years (1840 – 1862), their disappointments and eventual disillusionment with the infant colony.

She endured six long voyages between the UK and New Zealand, rounding Cape Horn three times, and on the first voyage in 1847 burying her husband in Lima, Peru.

Felton's name, as Hobson's first surveyor-general, is preserved as an Auckland street name, but like many women in history (until recently mostly written by men), *Sarah* has received scant acknowledgment. My biography was written to honour her and her proper place in New Zealand's historical record.

Tessa Duder

*Sarah Mathew: Explorer, Journalist and Auckland's 'First Lady'* (published by David Ling Publishing Limited) can be found at good booksellers, requested through your local library, or borrowed from OWN.

## Wanted



Don't be shy! We welcome material from all OWN members, not just those in the writing groups. Stories, poems, articles, jokes, etc. – 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](mailto:rrcarr@extra.co.nz)

or Judy Brocherie, email: [jgbrocherie@ihug.co.nz](mailto:jgbrocherie@ihug.co.nz)

or by post to: Janet Johnson,  
Our Women's Network North Shore,  
PO Box 34-383, Birkenhead, Auckland 0746

The secret to happiness  
is good sense of humour

Whoo-Hoo!



... and a bad memory!



# Handy Hints



**Easy Watering Can**  
Create a thrifty watering can by punching holes in the top of an empty milk bottle.



**Fresh Eggs?**  
To tell if eggs are fresh, immerse them in a bowl / glass of water – fresh eggs will lie on the bottom, while stale eggs will float to the surface.



**Boiled Eggs**  
Add half a teaspoon of baking soda to the water when boiling eggs to make the shells very easy to peel off.



**Furniture Marks**  
Use ice-cubes to lift out indentations made by furniture on your carpet.



## The Wallflower of Whitley Bay Grammar



So, here we are, assembled in the school hall, steeling ourselves for yet another tortuous lesson, in preparation for the up-coming senior school dance. The teacher taps her cane on the floor, demanding silence. A line-up of adolescent, largely spotty, greasy-haired boys face the girls on the other side of the hall. The bolder, and more attractive, ones eye each other up across the great divide quite openly, while the rest of us keep our heads bowed, avoiding eye contact with the boys at all costs.

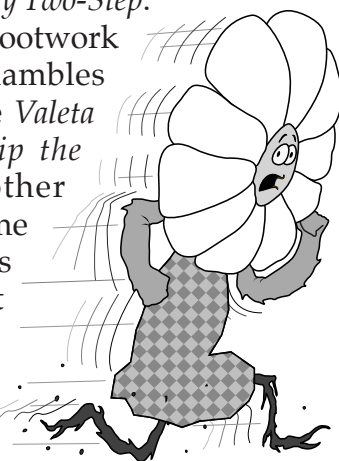
Then the signal is given to choose a partner. In a mad dash across the floor, the good looking and popular ones are quickly snapped up, whilst I and the remaining few unfortunates attempt to adopt a nonchalant stance, inwardly hoping we won't be the "last girl standing". With the pick of the crop already taken, it's now a case of take what you can get and be thankful.

The record player springs into action, to the tinny strains of marching music. We take our positions in a large circle for the first dance, *The Dashing White Sergeant*. There's no mistaking the body odour of the boys as we come into close contact with their armpits, whilst we awkwardly make our way around the room. Then, it's off at a brisk pace with *The Gay Gordons*. By now the boys' body odour is in stiff competition with the smell of their feet. Yes, for some reason, the boys all have to practise in bare feet, whereas we girls are allowed to wear indoor sandshoes or plimsolls.

One girl in our class, *Denise Pennington*, stands out by virtue of the fact that she takes private dancing lessons. Oh, this is her moment of glory alright, and a golden opportunity to showcase her skills! She glides and dips, and smiles – just like the professionals from *Come Dancing* on the telly. Yes, I'm jealous.

With no respite, we proceed on to the *Military Two-Step*. This requires a certain element of fancy footwork – way beyond most of us. A bit of a shambles all round. A slower pace follows with the *Valeta* – again, some tricky manoeuvres. *Strip the Willow* rounds off the session for another week. With an unseemly rush to put some distance between ourselves and this ordeal, we almost look forward to the next lesson of the day ... double maths!!

Patricia Russell



# The Pigeons in the Loft



At a recent family gathering, we talked about 'the old days'. Our Dad used to tell us lots of funny stories, and now our brother is the storyteller. After each story, we all enjoy a good laugh! While this particular story was told, my niece was not with us, and I felt certain she would enjoy it, so I sent it to her ...

Hello dear Niece,

As you were not with us the other evening, I thought you might enjoy the pigeon story your Dad told us. No, don't roll your eyes; I don't think you've heard this story. It all happened before you were born, at the Panmure house.

In the late 1970s your Mum and Dad moved into their first home. They worked very hard to renovate, paint, and get the garden up to date.

As your Dad checked the house, he noticed bird droppings on the path outside, and at night they heard a lot of noise in the loft, just above their bedroom. He had a look in the loft and saw evidence of bird activity there.

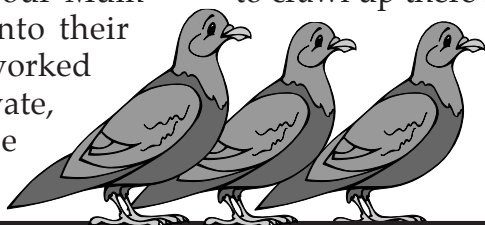
"Oh, no," he said. "Pigeons in the loft! I guess I'll have to crawl up there soon."

For a while nothing was done about the pigeons. Your Mum and Dad were busy working full time, and also studying hard.

The noise in the loft continued until one day your Mum said, "Is that a new neighbour there? We haven't seen that man before, look just a couple of doors along the street."

"Yes," said Dad stretching up to

Continues ►



## Judy's Kitchen

### Pear Surprise

#### Ingredients

- 1 sheet of Ready Rolled Pastry
- 4 cooked Pear Halves (well drained)
- 4 squares of Whittaker's Mini-size Peppermint Chocolate (cut to fit under the pear)
- Icing Sugar for dusting
- Whipped Cream or Yoghurt to serve

#### Method

1. Pre-heat the oven to 200° on static bake.
2. Line an oven tray with baking paper.
3. Roll the pastry sheet out to make it slightly larger than the pre-rolled size. Cut into four squares (temporarily place a pear half on the pastry and cut each square to allow a 4cm border around the pear).
4. Lay a chocolate square in the centre of the pastry and cover with a pear half.
5. Dampen the edges of the pastry squares and fold each side in 2cm to form raised edges.
6. Place the pastries on the baking tray and cook for 20 minutes.
7. Dust with icing sugar and serve with whipped cream or yoghurt.

The chocolate oozes out when you cut the pear ... it is **DELICIOUS!**



**Enjoy!**





◀ continued.

see. "Whatever is he doing? It looks like he is feeding some pigeons! I hope that doesn't encourage more birds. We have enough birds here!"

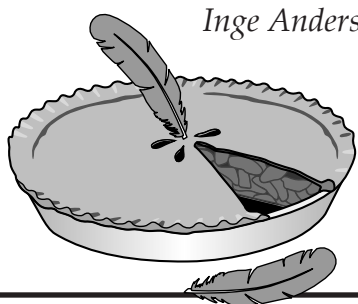
Again a few weeks went by, and they kept monitoring the birds, when ...

Mum said, "Have you noticed that there are not so many pigeons around now? It's fairly quiet in the loft at night too."

"Oh yes, that's right; now that I think about it. I see the paths are much cleaner, not so many bird droppings. I wonder what's happened?" said Dad.

"I know!" exclaimed Mum, laughing and giggling. "I think ... the neighbour may like ... Pigeon Pies!!"

*Inge Andersen*



“I need the strength to accept  
the things I can not change,  
the courage to change  
the things I can ... and the friends  
to post my bail when I finally snap!

*Unknown*

# Home Remedies



## Sores & Wounds



Apply cobwebs directly on the wound.

## Antiseptic Gel

Honey, manuka oil, and flax are all excellent for bedsores, etc.

## Mouth Ulcers

Dab with Marmite ... it really works!

## Cold Prevention

Spread honey on bread or toast, crush 1 clove of garlic and mix into the honey. Take once or twice a week (use peppermint afterwards to avoid 'garlic breath').

## Headaches

- Rub your brows or the back of the neck.
- Look upwards (right up) and then slowly look down (releasing muscles).
- Use lavender oil inhale.
- Go outside to get some fresh air.

## General Health

One tablespoon of apple cider vinegar mixed in water. Take daily.

*Anne Mutu*

## Arthritis

- Omega 3-6-9 added to flax seed oil.
- Mix 50/50 cayenne pepper and powdered ginger. Take half a teaspoon daily for arthritic pain.



You've been  
gone all  
day and now  
it's YOUR  
chair ???

