



OWN

News & Views



Autumn 2017

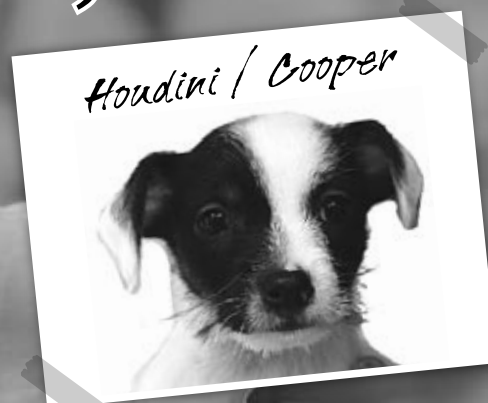
Our Women's Network North Shore • PO Box 34-383, Birkenhead, Auckland 0746 • info@own.org.nz • www.own.org.nz

Memories

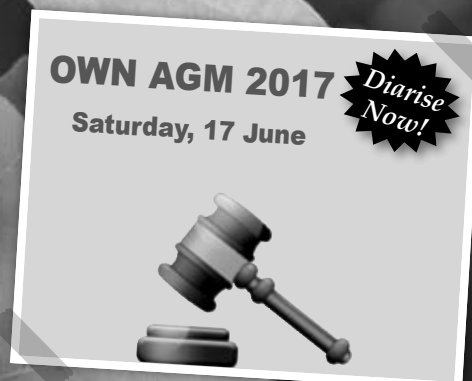
Past, ...



... present, ...



... & future



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 ...

I trust that you all enjoyed the summer break and are now feeling full of energy and enthusiasm for our activities in the coming months.

Congratulations to *Anne Briggs, Cherrie Keane, and Patricia Russell* for their hard work in compiling the stories for our second book: **Our OWN Stories 2 for Future Generations**. See the book launch report on page 6.



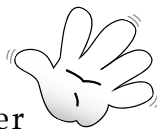
Many, many thanks to our hard-working members on the *OWN Committee* and to the *Group Leaders* for their commitment to our members.



Arrangements are now being made for our **OWN Festival** on Saturday, 6 May at the *Positive Ageing Centre* in Takapuna. The theme this year is "Come Fly With Us". We hope that you will all join us on our virtual flight. See page 3 for further information.

Grateful thanks to *Rosemarie Carr*, our editor, and her group for the wonderful work they do in putting this magazine together.

Special thanks go to *Anne Briggs* for her many years of tireless work on behalf of OWN, including her invaluable contribution to the *Our OWN Stories* books. *Anne* is moving to Papamoa – we wish her well and will miss her greatly. Many thanks also go to our Secretary *Janet Johnson*, who we will be sorry to lose when she leaves Auckland in the near future, and to *Rachael Bro*, the Takapuna North Community Co-ordinator who has been an invaluable resource person and a great help to OWN in all possible ways, who is also leaving Auckland. I sincerely hope that you all remain in touch with us at OWN.



To all of you who share ideas, who belong to our groups or just belong, you are contributing to our values of enhancing feelings of belonging and wellbeing. It is great getting feedback from our members, telling us that they really appreciate belonging to OWN, and taking part in our groups and events. Keep the compliments coming – and if you have any suggestions for improvements, please let us have them!

Wishing all OWN members happy festivals over the Easter and Passover period.

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, comments on interesting topics and special events in your lives. 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 post to: *Our Women's Network*,
PO Box 34-383, Birkenhead,
Auckland 0746

Well Wishes ...

Our sincere condolences to *Cherrie Keane* for the loss of her husband *Richard*.
OWN very much appreciates *Cherrie's* expertise in editing **Our OWN Stories 2 for Future Generations** during a very difficult time in her personal life.



Up-coming Events ...

OWN Festival 2017 Come Fly With Us

**Diarise
Now!**

Parachutes optional!

We hope you will all join us on our virtual flight. It will be a day of entertainment with music and dance, where women of all ethnicities can join together in an environment of education, mental, physical and spiritual stimulation, and warmth and friendship.

Three workshops will be offered:

- **History of Jazz**
- **Interpretation of Dreams**
- **Drumming**

When: 9:30am – 4:00pm,
Saturday, 6 May

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

Watch the local papers and libraries for programme information, or contact *Joan Lardner-Rivlin*, ph: 483-9671, or *Judy Brocherie*, ph: 473-5016, or visit the OWN website at www.own.org.nz



Wanted: Retired stewardesses who are willing to volunteer on our OWN airline. Contact *Joan* or *Judy* on the phone numbers above.

OWN AGM 2017

Please diarise now – we need your attendance!

**Diarise
Now!**

We urgently need nominations for the Secretary position.

When: 10:30am – 12:30pm,
Saturday, 17 June
(To help with the set-up, please arrive at 10:00am)
Includes light refreshments.

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

Guest Speaker: Mark Chamberlain, New Zealand author. He is currently working on a book of migrant stories. www.mochamberlain.com

For more details, please contact
Joan Lardner-Rivlin, ph: 483-9671,
or *Judy Brocherie*, ph: 473-5016.



OWN Theatre Group Trips

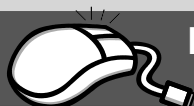
The next shows planned to be seen by the OWN Theatre Group are:

- **Nell Gwynne** (see page 5)
2:00pm, 26 August
(register by 5 August)
- **Last Legs** (*Roger Hall's* latest play)
2:00pm, 23 September
(register by 2 September)



**Book
Now!**

It is important to register your interest as soon as possible. There are a limited number of tickets at the best price. For more details, please contact *Joan Lardner-Rivlin*, ph: 483-9671.



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

OWN Tai Chi

The *OWN Tai Chi for Older Women* class is held each Wednesday morning from 10:30am to 11:45am in the Sherwood Room at the *Bays Community Centre*, 2 Glen Road, Browns Bay. The class is run by *Susan Pichler* with the assistance of *Jean Ashby*.

We practise a modified form of Tai Chi which is particularly suited to seniors. Each class consists of a series of gentle warm up exercises followed by practising various Tai Chi forms. We have learnt a number of forms, such as Tai Chi for Arthritis, The 24 Form, and Tai Chi for Diabetes, etc.

Tai Chi has many health benefits, e.g. improving muscle strength, balance, co-ordination, breathing, and concentration. When one practises Tai Chi, one experiences a general feeling of wellbeing. Our classes are relaxed and very friendly.

Classes for this year started on Wednesday, 1 February. For more details, please contact *Susan Pichler*, ph: 478-5569.



Handy Hints

**Eat More Marshmallows!**

Marshmallows relieve sore throats, asthma, toothache and arthritis.

**Ice Flower**

Use the bottom part of an empty 2ltr soft drink bottle to make flavoured / coloured ice for your drinks' bowl. It will look like a flower!



Source: 1000LifeHacks.com

OWN Group Contacts

OWN Theatre Group

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



OWNs Alone Lunch

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

OWN Discussion Group

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

Tai Chi for Older Women

Meets on Wednesdays at the *Bays Community Centre*, Browns Bay. For details, contact *Susan Pichler*, ph: 478-5569.



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.

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.

Heloisa's Art Classes

Free classes (gold coin donation appreciated), limited to 10 people. Meets on Tuesdays at the *Mary Thomas Centre*, Takapuna. For details or to register, contact *Heloisa Barczak*, ph: 489-4638.

Rummikub Club

A good way to keep your brain active. Meets on the first Thursday of each month at the *Birkdale Community House*, Birkdale. For details, contact *Rika Werner*, ph: 950-6501.



**New
Day**

OWN Theatre Group

Fifteen members of the *OWN Theatre Group* will be attending the show **Peer Gynt** on 18 March at the *ASB Waterfront Theatre*.



The next scheduled show will be **Nell Gwynne** on 26 August. Set in 1660 in London, the drab, grey Puritans have gone and theatre is all the rage. The pretty orange-selling *Nell Gwynne*, having captured the heart of her King, is the unlikely heroine who takes her country by storm and becomes a 17th century media sensation. **Nell Gwynne** is a radiant, ravishing, and rollicking celebration of history and the heart.

The last day to register and pay is 5 August, but the demand for tickets for these shows in the past has been immense. Therefore, I have booked ahead so that we can be assured of seats for our members. We are getting a good discount if we have more than eight people and an even better discount if we have more than 10.

For details closer to date contact *Joan Lardner-Rivlin*, ph: 483-9671.



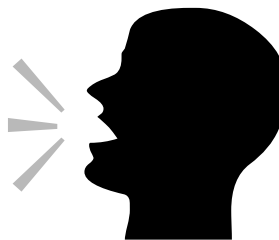
Photo: Auckland Theatre Company

OWN Discussion Group

The *OWN Discussion Group* meets at 10:00am till 12:00 noon on the second Tuesday of the month in Meeting Room 3 at the *Bays Community Centre*, 2 Glen Road, Browns Bay. It is a friendly group discussing a wide variety of subjects with plenty of humour.

Last year some of the subjects we discussed were:

- ✿ the Health System,
- ✿ the Auckland Council's neglect of the North Shore parks and beaches,
- ✿ the Unitary Plan,
- ✿ the Chiefs versus the stripper,
- ✿ water costs and lack of planning for infrastructure,
- ✿ immigration and refugees.



If you would like to join our group please contact *Jeanne Ford*, ph: 410-4803.

Emma's OWN Catering

We are delighted to know that *Emma Ah-Kuoi*, who has been spoiling us with delicious food during our events, is starting her own business, or rather as she prefers to say, "it's taking my passion to the next level" – and has chosen the name *Emma's OWN Catering*.

Emma told us that *OWN* members have been so encouraging to her that she decided to take the step to continue her studies to become a "real chef".

We wish her all the best and are looking forward to seeing her (and her delicious food!) again at our **OWN Festival 2017** on 6 May.



OWN's Second Book Launch

"Like giving birth," said *Patricia Russell*, who with *Anne Briggs* and *Cherrie Keane* edited **Our OWN Stories 2 for Future Generations**. The book was a wonderful example of teamwork, with all the stories coming from both OWN Writing Groups and the cover designed by our very own *Heloisa Barczak*. The book was dedicated to the memory of *Edna Peters*, our Past-chairperson and leader of the *Browns Bay Writers Group* – she is still sorely missed.

The launch of the book was held at the *Positive Ageing Centre* in Takapuna and combined with the *OWN End of Year Function*. It was well attended by members and we welcomed *Mike Cohen* from the *Takapuna Devonport Local Board* (who gave us funds towards our activities for which we are most grateful) and *Austin Kim* from *Auckland Council*. *Austin* spoke about the *Senior Advisory Panel* and invited people to apply after explaining all it entailed.

As we could not break a bottle of champagne across the book, we drank the champagne as a toast to our latest OWN book. A report and photographs of the launch appeared in the free *Channel* magazine and in the *Browns Bay Magazine* – and is of course on our OWN website.

A few copies of the book are still available to purchase, please contact own@own.org.nz or *Joan Lardner-Rivlin*, ph: 483-9671.



Photo: *Channel* magazine, Benefitz (Issue 73, February 2017)

Joan Lardner-Rivlin, Patricia Russell, Heloisa Barczak, Anne Briggs



Letter to the Editor

I just want to acknowledge the wonderful job that *Anne, Patricia, and Cherrie* did in putting together our second book. I think it was well-balanced and gave a really good insight into all the different experiences of our diverse group of writers. Those of my family and friends who have read it loved it. I want to say a really big thank you to those who contributed, and especially to *Anne, Patricia, and Cherrie* for putting it together.

Anne Mutu



Word Play

- ☺ When a clock is hungry it goes back four seconds.
- ☺ If you don't pay your exorcist you can get repossessed.
- ☺ A boiled egg is hard to beat.
- ☺ Atheism is a non-prophet organisation.
- ☺ A rubber band pistol was confiscated from algebra class because it was a weapon of maths disruption.

The Easter Bunny



The other day I saw chocolate kiwi birds wrapped in golden foil on a shelf in a supermarket. First, I thought about how commercial Easter has become, but then I thought that this was maybe the logical Kiwi answer to our European traditions of an Easter Bunny. At least, a kiwi bird lays eggs – and is even known for laying the largest egg per body size of any bird in the world; logic for today's world. Yes.

However, replacing the Easter Bunny with a kiwi bird means that all symbolism is gone and the commercial idea is bluntly displayed. It is not so much that it is a different animal.

In different parts of Germany, for example, the Easter eggs are brought by a fox, a rooster, a hare – or a rabbit. Neither the fox, nor the rooster, nor the rabbit lay eggs, which makes it clear that these animals are not chosen because they are usually connected to eggs.



Overall in Germany the rabbit is predominantly visible during Easter. Often a straight walking rabbit, almost like a person with long ears, a rabbit head, carrying a basket full of coloured eggs on the back. He (in Germany the rabbit is male) would give out eggs to all children who behaved well.

The special thing about the Easter rabbit is that he hides the eggs for the children to find. Often, the parents put the eggs in little nests and hide them either in the garden or in the house.

I remember that on Easter Sunday morning, before Mass, we would all go and hunt for our Easter nest. All nests were exactly the same with slight differences – but the number of chocolate eggs and hard boiled coloured eggs was always equal. There was no name tagged on the nest. The one you found first was yours.

One difference of our nests from other families was that my mother used to bake a rabbit cake rather than buy a chocolate rabbit or bunny. My mother considered this the less expensive and more sensible solution, and we loved having a cake all to ourselves.

My father used to hide the nests. When the garden wasn't too wet or when the soil was not frozen, we

would look for the nests in the garden. However, the Easter weather was usually unpredictable and either there was too much snow or too much rain, so we would have to find the Easter nests in the house.

Whenever we visited my grand-mother for Easter, she always had one Easter lamb for our family. This lamb was usually made of cake with dry icing sugar and held a little paper flag with a cross by its leg. She told us that *Jesus* was the Lamb of God and that he died on the cross for us, but was then resurrected. Therefore, she had first taken the Easter lamb to church to have it blessed. She would always give this lamb to our parents. However, she gave us chocolate, which was very special as my mother would not usually buy chocolate for us.

There is so much more to tell about our Easter traditions.

When I think back, I remember that I asked quite early why it was the rabbit that brought the eggs. I was told that the rabbit as well as the eggs were symbols for fertility. Considering that Easter falls in spring time in the Northern hemisphere, it makes sense. After a long and sometimes cold or wet winter, we were

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◀ continued.

all looking forward to green trees, flowers, and sunshine. It was like the world was awakening and therefore, the time of growth and multiplication was anticipated.

Apparently, the English term "Easter" and the German word "Ostern" derive from the Germanic name "Eostre", who was a goddess in whose honour feasts were celebrated in April. The name of the goddess was then used as synonym for the month of April.

As for the eggs, they are on the one hand a symbol of fertility, but on the other hand they are also evidence of another tradition according to which Christians had to abstain from eggs during the fast of Lent. One of the ways to conserve the fresh eggs in the meantime was to hard-boil them.

In fact, having an egg for breakfast used to be very special. In my family the soft-boiled eggs were reserved for Sundays.

For the Easter nest the eggs are coloured and/or decorated. One of my aunts artistically decorates eggs all year round by colouring them and then scratching patterns in them, or by painting them, or by fixing little pearls in special

patterns on them. However, my mother usually forgot to buy the little tablets that you put in the water in order to get a change of colour. We then had to improvise: beetroot for some pink, onion peels for some brown, spinach for some green.

Apparently, the custom of having Easter rabbits and eggs was imported to America by the German immigrants to Pennsylvania in the 1700s, and from there the custom spread to many parts of the world.

The Easter traditions and honouring the Germanic goddess *Eostre* must have been very strong in Germany and its neighbouring countries. So strong, that

the Church connected the feast of *Jesus'* Resurrection to this pagan celebration. While the countries under Roman rule connected the name for the feast of *Jesus'* Resurrection to the Jewish Passover, the Germanic countries had to overcome local traditions first. Therefore, some Germanic languages name the feast Easter, or Ostern in German. The Roman languages name the feast after Passover: Pascuas (Spanish), Pâques (French), Pascua (Italian), etc.

Whatever the name, whatever the season – let's appreciate Easter as a time of renewal and joy for the year that lies ahead!

Beate Matthies

Judy's Kitchen

Chicken, Broccoli, & Walnut Salad

A quick and easy lunch, which can be made in a few minutes.

Ingredients

- 1 cup cooked Chicken (shredded)
- 1 cup raw Broccoli florets (cut into small pieces)
- ½ cup Celery (cut into small pieces)
- 2 tablespoons Walnuts (chopped)
- Creamy Salad Dressing

Method

1. Put all ingredients into a bowl and mix together.
2. Fold through a creamy salad dressing and serve.



Betty Faesen turned 90 in September, 2015. Here she reminisces about what it was like to be a teenager in New Zealand during World War II, and her philosophy on ageing ...



The Second World War

Through the eyes of a New Zealand teenager

We have heard many stories about the war years in England and overseas, and the terrifying raids and bombing that people endured. Can we really imagine what people went through?

When war was declared I was a young teenager who had been brought up in a small town. I had two sisters, no brothers, and had attended a girls' school. I was a very young teenager who had never even spoken to a boy. The war meant very little to me.

My father was too old to be called up and I knew nobody who enlisted. I do remember going into town to see the First Echelon of troops in a parade downtown on their way to take their ships to Egypt for the North African campaign.

Everyone became very patriotic and we all began knitting socks and balaclavas. We made shortbread and fruit cakes, which were sewn into calico and posted overseas. We would hide our address inside with the hope of hearing from someone.

The Home Guard was formed of men too old to go to war and boys too young to be called up. They would march past our house every Sunday morning to go to practise (practise of what I am not quite sure – they had no guns or rifles, only sticks to practise with). They did not look very impressive, they looked as if they might turn and run the other way if the Japs arrived.

It was fashionable to do one's part so I joined the WWSA (Women's War Service Auxiliary). This entailed going to night classes and learning Morse code. Once a week we would go up Mt Eden to send messages to signallers on Mt Albert, Mt Victoria, and Three Kings, etc. This was done with a large light and was a lot of fun. We were issued with a uniform, so we really felt important. It was all a bit of a lark.

I had just started work and was working in Karangahape Road. I was told that if the Japanese came I was to go to the top of Mt Eden. We would assemble there and be given our orders. I was not told how I was supposed to get there. In this event all public transport would be stopped, so I assumed I would have to walk. I considered myself to be one of the lucky ones.

My father was told he was to be part of the Guard for the Wau Bridge and he worked in Wyndham Street, off Queen Street. He was part of the Home Guard which was supposed to protect us. I think it was probably useless, for if we had been invaded I think we would have just given up.

For us young ones though it was a time of a lot of fun. Rumours went around that there



American troops and brass band, marching down Queen Street, Auckland in 1942

Continues ►

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were submarines in the harbour, but it was all supposed to be secret.

This was all in the beginning of the war. As news came through of soldiers killed and missing in action the serious side of things began to hit home. First was the rationing and we were issued with ration books. The only coupons I worried about were the ones for

silk stockings. Even with coupons they were difficult to come by. Food though seemed plentiful. We often had more clothing coupons than money to spend.

Next came the Americans (the Yanks) with gifts of stockings, chewing gum, and Hershey bars. To a teenager there was no such thing as the horrors of war.

Betty Faesen

Note: In total, around 140,000 New Zealand personnel served overseas for the Allied war effort, and an additional 100,000 men were armed for Home Guard duty. At its peak in July 1942, New Zealand had 154,549 men and women under arms (excluding the Home Guard) and by the war's end a total of 194,000 men and 10,000 women had served in the armed forces at home and overseas. As the years went by and we grew up, we did begin to understand the horrors of it, but these memories are of my teenage years.

The Philosophy of Ageing



The word philosophy comes from the Greek, meaning Love of Wisdom.

Philosophy of ageing is the accumulation of changes in a person over time.

Positive ageing is a term used to describe the process of maintaining a positive attitude, feeling good about oneself, and keeping fit and healthy. We want to age boldly, proudly, and adventurously.

During the first years of life we learn to walk, learn a language, right from wrong, and we start to grow in size and rebel by screaming if we object to

orders given. Our personality emerges.

Our second stage of life is full of learning which never stops. It can be interrupted by bringing the next generation into the world and then the learning cycle starts again.

When we reach the age of 60 we begin to notice that our skin is looking dry, our hair is changing colour and to keep a youthful figure we must work at it. This is when your body is starting to break down.

From then on this process cannot be stopped, but we do have time on our hands to learn new hobbies,

extend our education, have new experiences, and this is what makes ageing so bearable.

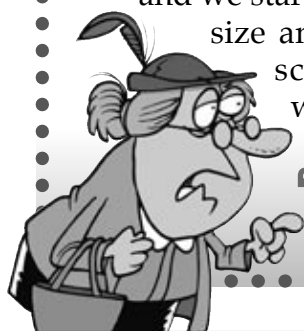
If you live alone it is important not to spend too much time alone thinking that life is over. You need to seek company through clubs or charity work and maintain relationships with family and friends. There are so many organisations which will welcome you with open arms when you offer your services and you will feel satisfied at the end of the day.

Life has a lot to offer, no matter at what age.

Betty Faesen

“Intelligence without ambition is like a bird without wings.”

Unknown



Cooper, the Escape Artist



A few years ago *Cooper* (alias *Houdini*) joined our family. *Cooper* is a scruffy little Fox Terrier / Shih Tzu cross with lots of personality. *Cooper* actually belongs to *Sandra*, our daughter who lives downstairs. He was about four months old when he came to live with us, a lively little rascal. The area that *Sandra* has is a fully fenced, not too large piece of the section.

The first time *Cooper* was left alone, a neighbour brought him home and informed us that he had jumped over the gate onto the driveway. The gate was just a standard pipe and mesh, so



Sandra and my husband *Ian* discussed the problem, and *Ian* decided to get some picket fence rails and fasten them on to the gate. This made the gate about a foot higher with pointed tops.

Did this keep him in? No!

Some two or three days later he had found a method of getting over the fence on the left side of the gate. He simply jumped up and got his claws into this piece of fence and jumped over the gate.

Continues ►



More Word Play

- ☺ A dog gave birth to puppies near the road and was ticketed for littering.
- ☺ A backward poet writes inverse.
- ☺ Marathon runners with bad shoes suffer the agony of de feet.
- ☺ A will is a dead giveaway.
- ☺ A bicycle can't stand alone – it is two tyred.
- ☺ A short fortune teller escaped from prison: police are looking for a small medium at large.

A Message From the OWN Treasurer

We have not increased our membership fee and it is still \$15 per annum. However, we are very grateful for any donations on top of this amount to help with extras that crop up during the year. I recently received a payment and donation from *Joan Buller*. It was a pleasure to read her letter in which she writes:

“... my donation in support of the marvellous effort you all make on members behalf.”

We need your subscriptions! If you have not done this yet, please act immediately, if not sooner!

The preferred way of payment is via the internet to the OWN bank account at ASB Birkenhead, account number: 12-3053-0401733-00 (remember to put your name as the reference).

Alternatively, you can send a cheque to OWN, PO Box 34-383, Birkenhead, Auckland 0746 – or pay at an event directly to the Treasurer. Receipts are issued on request and sent via mail if a stamped envelope is provided.

Many thanks!

◀ continued.

Having fixed this problem, *Cooper* then gave us about two or three days and then proved he could still do the *Houdini* act and get over the right-hand side of the gate!

Back to the drawing board.

Unfortunately the only other thing we could think of was an electric fence – not high enough voltage that he would be hurt, but enough to tell him 'NO!' This worked for some time, at least long enough to convince us that he would now be okay without the fence, so we took the electric fence down.

The gate between *Sandra's* area and our back yard is approximately five feet tall so we thought that would be enough to contain him until *Ian* went down in the morning to allow him into our yard with *Muffin*, our own little Shih Tzu.

This was fine until the day *Ian* got delayed and was quite a bit late in going to let him out. We were upstairs and suddenly there were repeated bangs against the gate. Yes, you guessed it! Our little *Houdini* had done it again.

As a last ditch effort, *Ian* decided to put rollers across the top of each gate, reasoning that if he got his paws on the pipe, he would just slide down. Being a stubborn little rascal he eventually got his paws over enough to grip into the wood on the other side of the roller!

Ian said, "Okay, I'll fix him this time. I will cut the roller into small portions which should stop him getting a grip on the gate."

Wow, it worked! Well at least for the moment it is working, but who knows what the little *Houdini* will come up with next!

Rita Webster



Irish Humour

In a convent in Ireland, the 98-year-old Mother Superior lay dying. The nuns gathered around her bed trying to make her last journey comfortable. They tried giving her warm milk to drink, but she refused it.

One of the nuns took the glass back to the kitchen. Then, remembering a bottle of Irish Whiskey that had been received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk.

Back at Mother Superior's bed, they held the glass to her lips. The frail nun drank a little, then a little more and before they knew it, she had finished the whole glass down to the last drop.

As her eyes brightened, the nuns thought it would be a good opportunity to have one last talk with their spiritual leader. "Mother," the nuns asked earnestly. "Please give us some of your wisdom before you leave us."

She raised herself up in bed on one elbow, looked at them and said:

"Don't sell that cow!"



I told you that
I do not have
Alzheimer's.
I have
"Some-timers"
... sometimes
I remember
and sometimes
I don't!!