



OWN

NEWS & VIEWS



Winter 2018

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



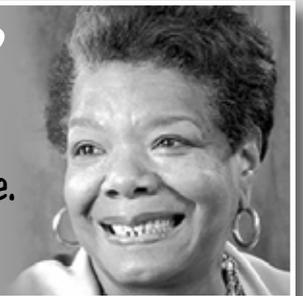
OWN

CELEBRATING WONDERFUL WOMEN

See inside for the
photos, feedback,
and details from
the latest OWN Festival ...

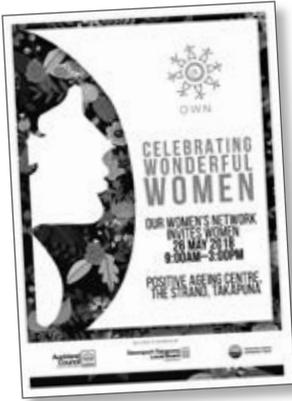
“My mission in life is not merely to survive,
but to thrive; and to do so with some passion,
some compassion, some humour, and some style.

Maya Angelou



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 ...



The OWN Festival was another good day to look back on in the OWN calendar as a great success where we really 'Celebrated Wonderful Women', i.e. our members. The workshops were based on the environment and were all relevant and topical. (See pages 6-7 for photos — in colour!)

Sadly, our planned guest speaker *Dame Rosie Horton* had had an accident and we hope she is now fully recovered. Fortunately her colleague and friend *Angela Griffen* was able to stand in

and gave us a wonderfully informative talk about the *Horton's* latest project. Our sincere thanks go to *Angela*.

We greatly missed *Clara* and her wonderful gift of decorating the hall. Hopefully she is improving in health. However, we sincerely thank *Sarah Thorne* and her daughters for coming to the rescue and making a "blooming" miracle of decorating the hall.

Our long term OWN members have great expectations of our events, but newcomers have commented and expressed their appreciation, as demonstrated by the feedback quotes we received (see page 4 for some examples) – we are always delighted to get positive feedback!

We look forward to an "eventful" year ahead and our next planned event is the **Midwinter Merriment Scottish Night** on 21 July (see page 3 for details) ... so start practising the Highland fling.

Hopefully we will soon be out of the grips of winter's chill burr. Roll on spring!

Best wishes to you all.

Joan Lardner-Rivlin
Chairperson



Wanted



We would like to hear from other OWN Groups telling us what is happening in your Group so that we can share it with everyone.

Also, if you have any item of interest that you would like to appear in **OWN News&Views** please send it to me at *Rosemarie Carr*, Compiling Editor, email: rrcarr@xtra.co.nz or post to 5 Sandown Road, Rothesay Bay, Auckland 0630.

The sad part about getting old is that ... you stay young on the inside, but nobody can tell anymore!

Unknown

This is the Maori proverb that was recited by *Moana Mutu* in the **Maori Herbs and Medicines** workshop at the OWN Festival ...

Hutia te rito o te harakeke,
kei whea te Kōmako e kō?

Ki mai ki ahau,
he aha te mea nui o te Ao?

Māku e ki atu,
he tāngata, he tāngata, he tāngata.

If the heart of the harakeke (flax) was removed,
where will the Bellbird sing?

If I was asked what was
the most important thing in the world?

I would reply,
it is people, it is people, it is people.



Up-coming Event

Mid-Winter Merriment Scottish Night

When: 10:00am – 3:00pm,
Saturday, 21 July

Venue: Positive Ageing Centre,
The Strand, Takapuna

This will have a Scottish theme, so dig out your tartans and brush up on the Highland fling and be prepared for some bagpipes. Lunch will be provided with some Scottish influence, but we promise there will be no haggis (though those with a Scots background may be disappointed). Mark your calendars now so that you can look forward to an entertaining event with lots of laughter and good fun to chase away those winter blues. For more details contact *Lennie Crawford*, ph: 444-3320. Anybody who can offer some suggestions or help, please also let her know.

**Diarise
Now!**



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

OWN Groups

New

OWN Browns Bay Coffee Group

A new *Coffee Group*. If you are interested in joining us and coming to the next meeting on Tuesday, 31 July, contact *Val Bird*, ph: 475-6601 or email: valbird51@hotmail.com



Back

Rummikub Club

A good way to keep your brain active. Anyone interested in getting together for monthly sessions, contact *Rika Werner*, ph: 950-6501, or mobile: 022-151-3957.



OWNs Alone Lunch

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

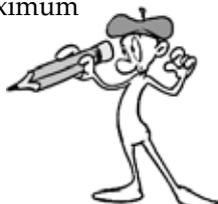
OWN Theatre Group

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



Heloisa's Art Classes

Classes are held at the *Mary Thomas Centre*, Takapuna on Tuesdays (2:00pm - 4:00pm). The classes are free, but a gold coin donation to cover material costs is appreciated. Classes are limited to a maximum of 10 people, so registration for a class is necessary. Contact *Sarah Thorne*, Takapuna North Community Co-ordinator, ph: 486-2098 or email: office@takapunatrust.org.nz



OWN Discussion Group

Meets every second Tuesday of the month at 10:00am. We are looking for more people to join in with us. A range of subjects is discussed and it is a very interesting morning held in Room 3 (first floor) of the *Bays Community Centre*, Browns Bay. If you are interested, contact *Jeanne Ford* ph: 410-4803.

Writing for Future Generations (WFFG)

Inform the Group Convenor prior to attending the Group.



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

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

NOTE

Tai Chi for Older Women

Sadly our *Tai Chi Group* has now been discontinued. See *Susan Pichler's* report on page 8.



Celebrating Wonderful Women

OWN Festival ❀ 26 May, 2018 ❀ Positive Ageing Centre, Takapuna

The OWN Festival held on the 26 May was a very enjoyable event. The workshop options were well received and, even though the day was a full one, everyone had a very worthwhile days outing. Some of the feedback from the Festival attendees included ...

See the photos on pages 6-7

“ I thoroughly enjoyed the **Celebrating Wonderful Women Festival** – we were celebrating our lives with themes of empowerment and equality. I am sure everyone went home actually feeling wonderful.

Chris Griffiths

“ There were activities to interest and tempt us all. The hall was decorated with pictures of women who have made a difference and beautiful flowers surrounding the stage. Morning tea and lunch were delicious with lots of variety and consideration for specific diets.

Eileen Slark

“ I had expected a quieter day and was amazed at the vibrancy and delightful pace of the day. I felt 10 years younger and made some new friends.

anonymous

“ So many smiles, so much laughter and sharing of experiences. I went home feeling uplifted and inspired. There were so many magical synchronicities to tell my husband about.

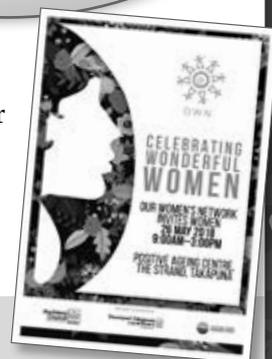
Lesley Lydford-King

“ The vibe was inclusive, light and bright. The workshops were focussed on sustainability; all exceptionally interesting, current, and relevant.

anonymous

Comments like these are what make the OWN Committees and helpers feel that their efforts to ensure that everyone has a wonderful time are definitely worthwhile. For those of you who could not attend this year's **OWN Festival**, we hope to see you at our future events.

Lennie Crawford



At the **OWN Festival**, *Marta Cullen* led us in a dance called *Nigun Atik* (*Ancient Song* or *Ancient Melody*). She writes ...

“ It was lovely to see so many participate in the dancing, which shows that everyone can dance. Dance is so good for our whole person, physical, emotional, etc.

There is often a song sung in Hebrew with the dance. Here is the song's text in English:

Ancient Song

Again we shall turn to the ancient melody and the song shall give us pleasure. We'll kiss the old, guarded glass with joyful eyes and heart.

Our tents are good and the dance beckons. Our tents are good, again we shall turn to the ancient melody.

I felt very honoured to be asked to teach a dance and was so pleased that people enjoyed it. Dancing connects us (holding hands, dancing in a circle together) and – as the text below says, it gives us pleasure.



OWN AGM with The Bird Lady

Many people consider AGMs (Annual General Meetings) as an annual burden that is necessary for a charity to survive. Why not celebrate like we farewell a year that comes to an end and welcome the New Year? For this special – annual – event, all members of the organisation should come together and have a good time!

Unfortunately, most AGMs struggle with just having a quorum of members present. The volunteers who have been active and have to report on these activities, spend quite some time preparing them – and then reading these reports only to the same members who are often so involved themselves that they don't really need the reports as they are well aware of what happened during the year. It is like a Queen's Speech or the Government's Reports being presented only behind closed doors.

So, what can be done in order to change this "unnecessary evil" into a pleasant outing? OWN has been trying to get interesting or entertaining presenters for the AGMs.

This year we had *Sylvia Durrant* as a special guest. She is also called *The Bird Lady*. At first, there was scepticism in the room. Will she bring real birds? Will they fly around our heads? I was quite curious. I didn't worry about the birds flying around as *The Bird Lady* was said to be looking after injured birds – and I couldn't imagine that she would bring birds that were healthy enough to fly around.

Once she started talking about the birds she cared for, she was sparkling with passion for her work. Many comments she made were fascinating and taught me much about New Zealand birds. It was good to see the birds and penguins, and watch *The Bird Lady* and how naturally she was dealing with them. She reminded me of some of my relatives who have many animals and live in rural areas. What made her obviously different to farmers and showed that she was from the city, was when she pulled out

her antibacterial wet wipes that many mothers use when they clean up a mess behind their darlings.



One bird will particularly stick in my mind: the Kererū, the New Zealand wood pigeon. *The Bird Lady* was stuffing the little bird with berries – it looked like she would never stop! Then she explained to us that the Kererū would usually choose a tree with ripe berries, sit there and eat and eat and eat the berries (or drupes).

Apparently, the Kererū and Parea are now (since the extinction of the Moa) the only bird species that are big enough to swallow large fruit, such as those of the Karaka, Miro, Tawa, and Taraire, and then disperse the seeds over long distances. The birds enjoy sitting in the sun while eating and digesting. Once in the bird's stomach the berries would ferment and produce alcohol which makes the birds feel drunk – and sometimes they fall from their perches because they can't keep their balance anymore!

I was slightly disturbed when *The Bird Lady* said that one of my favourite birds, the Tui, together with the Australian Rosella were not doing us a favour when they chase away the big wood pigeons while they are digesting the fruit.

There was a lot to learn from *Sylvia Durrant*. Her passion and knowledge for the New Zealand birds, her observation of their living conditions and their challenges today – e.g. disturbing sensor lights!

The Bird Lady has been sacrificing all her free time and her money to rescue New Zealand birds. Even at her advanced age, she doesn't complain getting several birds into cages, show them around, and talk about them at our OWN AGM. *Sylvia Durrant* certainly does what it takes to keep her work alive and going!

What a beautiful start to a brand new OWN year.

Beate Matthies



OWN AGM 2018

Saturday, 21 April, 2018

Sylvia Durrant, known as *The Bird Lady*, is a true local icon. Sparkling with passion, she fascinated OWN members with her vast knowledge and love for birds when she was the guest speaker at the OWN AGM 2018.



See the OWN AGM article on page 5

CELEBRATING WONDERFUL WOMEN

OUR WOMEN'S NETWORK FESTIVAL

26 MAY 2018

POSITIVE AGEING CENTRE, THE STRAND, TAKAPUNA

See the article on page 4



Opening talk by Angela Griffen, representing Dame Rosie Horton



Marta Cullen leading Festival attendees in Ancient Hebrew Dance



Maori Herbs and Medicines
Moana Mutu shares her extensive knowledge on the uses of New Zealand native plants in a most stimulating workshop



First Light Flower Essences
Lesley Lydford-King presents an interesting workshop about native flowers, ferns, trees, seeds, and plants in their role of providing natural ways to restoring health, harmony and well-being.



Growing Food in Small Spaces
An informative workshop by Paul Crawhurst



Garvin Knowles again entertains by introducing **Wonderful Women Singers** who made a difference!



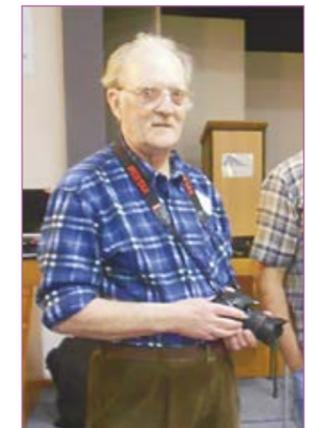
Ora Lefebvre led us to join in singing nostalgic songs of some favourite singers from past



OWN Chairperson Joan Lardner-Rivlin with Mike Cohen from the Devonport-Takapuna Local Board



Emma Ah-Kuoi again provided a scrumptious lunch which was enjoyed by all



Czeslau Barczak, who very generously donated his time and talent as photographer at many past OWN events – OWN wishes to express sincere condolences to Heloisa at the recent loss of her dear husband



THIS EVENT IS SUPPORTED BY



Tai Chi for Older Women

In 1999 *Leteia Potter* established the original **Tai Chi for Older Women** group with the support and encouragement of *OWN*. Originally the group met in various venues, including a disused ward at *North Shore Hospital*. Finally the group met on Monday mornings at the *Bays Community Centre*, which became the permanent venue until the last class in April 2018.

The Tai Chi for Arthritis form, and other forms which the group practised, were based on the programme created by *Dr Paul Lam*, a Chinese medical doctor who lives in Sydney. These modified forms and exercises are beneficial for all age groups, but are particularly suited to older people. The Wednesday class also included various other exercise sequences and forms to add further interest.

The original Monday class led by *Leteia* with the help of *Shirley Knight* and *Susan Pichler*, proved to be so successful that in 2002 *Leteia* started a Friday class. Later, *Shirley* took over leading this class. In 2004 *Susan* started the Wednesday class. At that stage we had a long waiting list of women wanting to join the classes.

Due to health problems, *Leteia*, in 2007, handed over the organisation of the classes and instruction of the Monday class to *Susan*. By this time *Jean Ashby* was helping with the Monday and Wednesday classes, while *Shirley* continued leading the Friday class and assisting with the Monday class. *Leteia* continued to provide overall support.

In 2009 the three Tai Chi classes celebrated the 10th anniversary since *Leteia* started the first **OWN Tai Chi** class, with a Saturday function at the *Bays Community*



Leteia Potter at the Tai Chi Group's 10th anniversary

Centre. We acknowledged *Leteia's* foresight in starting the original group and her inspiring leadership, with speeches, the presentation of a bouquet of flowers, cutting a special celebration cake, and demonstrations of Tai Chi.

Over the years, *Leteia* and *Susan* both attended two workshops in Wellington, and *Shirley* and *Susan* attended a workshop each in Auckland, all run by *Dr Lam*, in order to gain Tai Chi Teaching Certificates. In addition, *Susan* attended a number of local workshops. *Leteia* and *Susan* gained their First Aid Certificates by attending two First Aid courses. For a time, *Jean* and *Susan* joined the *Tai Chi for Health Community NZ Inc*.

Some of the class members joined *Jean* and *Susan* to give Tai Chi demonstrations at the *Positive Ageing Have a Go Days* in Browns Bay, and the *East Coast Bays Widows & Widowers Association* also in Browns Bay. In addition, *Susan* gave talks and demonstrations for *Torbay Probus* and *Mairangi Bay Probus*.

Sadly, as the years went by some of our members developed health problems and dropped out of the classes, a few died, and others moved away. Numbers dwindled and in 2014 the Monday class closed. The Friday class closed in 2015.

In April this year the Wednesday class closed, not because of dwindling numbers, but because both *Jean* and *Susan* felt it was time to end the class. It has been a big responsibility for many years and, while we have loved taking all the classes, we both have other commitments which demand our time. We are very sad, especially as instructing the class has been such fun. It has gone way beyond practising Tai Chi. We have developed a deep bond of friendship and support. In other words, we have enjoyed the social aspect of the classes as well as the Tai Chi.

Looking back through the attendance rolls, I am amazed at the number of women who have been part of the classes over the years. Some have participated for a short time, others have stayed right up to this year. *Jean's* and my hope is that all the women have been helped by attending the classes, not just for the physical benefits, but also for the learning and social aspects as well.

Susan Pichler

Introducing Chris Griffiths

A new OWN Committee member

I was introduced to *Our Women's Network* by Jean Goad, and I am delighted to have found an organisation that truly empowers women of all cultures and with stimulating activities. I thoroughly enjoyed the **OWN Festival Celebrating Wonderful Women**.

Born in Yorkshire, UK, I did my nursing and midwifery training before emigrating with my husband and son to Aotearoa in 1972. Our daughter was born here in 1973.

I completed a post-graduate certificate in Medical Gynaecology and worked as a Senior Nurse at the *Alice Bush Family Planning Clinic* for several years. In 1988, I set up *Lakeshore Clinic*, the first

Alcohol & Drug Service at *North Shore Hospital* and wrote **Our Shout – Women & Alcohol in New Zealand** with two colleagues.

I was then in private practice for 12 years, re-employed by *WDHB* in 2002 as Clinical Nurse Educator and worked tirelessly to educate those in the medical model about the benefits of 21st century natural energy medicine.

I have also worked as a volunteer with *First Light Flower Essences* since 1990 and I am dedicated to assisting and empowering clients in their healing journey.

Women's wellness, addictions, and spirituality are my areas of special interest. I was a member of the *Theosophical Society*, and have been studying ancient mysteries for many years

Sadly, our son passed away in 2013. We are a close family with five wonderful grandchildren.

I have always wanted to write stories for my grandchildren and have joined the **Browns Bay Writing for Future Generations Group**. Everyone's life is a rich tapestry of valleys and mountains, challenges and achievements. It is wonderful to hear of our diverse experiences and those exquisite similarities we women share.

Chris Griffiths



OWN's Judy's Kitchen

Betty's Vegetarian Quiche

We recently had the privilege of enjoying Betty Faesen's delicious light quiche, baked without the traditional pastry crust, and highly recommend it ...

Ingredients

- 1 Onion (finely chopped) or whole Spring Onion if desired
- ½ cup Carrots (diced, cooked) or leftover vegetables
(½ cup fresh chopped Mushrooms also lovely)
- 1 cup Silverbeet or Spinach (cooked)
- 1 Tomato (chopped)
- 1 cup Cheese (grated)
- ¾ cup Flour
- 300 ml Milk
- 3 Eggs (beaten)
- 4 tablespoons Oil
- Parsley, and Salt and Pepper to taste

Method

1. In a bowl pre-mix the milk and oil, then add all other ingredients.
2. Pour into a greased flan dish and bake in pre-heated oven 200° for 30 minutes.
3. Serve with a leafy green salad and enjoy.



Kate Sheppard – An Inspiration



Catherine Malcolm (later *Sheppard*) was born in Liverpool England on 10 March, 1847. Everybody called her *Kate*. She was a clever girl, well-educated and interested in everything around her. During her childhood she lived in London, then in Scotland. She had an uncle in Scotland who was a Christian minister, so he helped her with her studies.

Her father died in 1862, and in 1868 her mother brought *Kate* and her two brothers to New Zealand, to Christchurch. *Kate's* sister was already living here. On 21 July, 1871, *Kate*, now 24, married *Walter Sheppard*, a grocer who had a shop. Their son *Douglas* was born 8 October, 1880. Women in those days were not allowed to work for money, but they could do voluntary work, so *Kate* gave a lot of her time to her church in Christchurch, visiting the sick members and raising money. She was also secretary of the *Women's Association* there.

Then, in 1885, a woman called *Mary Leavitt* came from America to Christchurch to talk about the *Women's Christian Temperance Movement* of the USA. *Kate* became a very keen New Zealand founding member. The women could see that big changes had to be made in the law to protect women and children in both countries. Women had no rights at the time. They were "owned" by their husbands, and depended completely on them. Any property they might have inherited was taken by the husbands at marriage. The women were unable to speak out about the violence that many of them were receiving, because of the men drinking too much alcohol. The *Temperance Movement* was keen to ban alcohol, or make it more difficult to get. The only way to get the ban on alcohol was for women to get the vote so they could press to get the laws of New Zealand changed, and to get prohibition (ban on all alcohol). At that time, of course, Parliament was full of men.

Kate and the other suffragettes worked very hard to reach out to all the women in New Zealand and spread the word. She travelled all round the country speaking to groups of women, writing to the



newspapers, and writing notices. When the women met they always wore a white camellia flower pinned on their dress. They knew that the New Zealand voting laws had recently been changed to allow men over 21 to vote, but the women were not happy that they were grouped with the "juveniles, lunatics, and criminals". They were determined to get things put right.

The women organised a petition. Women who agreed with the suffragette women wrote their names on a long piece of paper. There were 9,000 names on the first petition which was taken to Parliament in 1891, but it made no difference to the men in Parliament. Many of them laughed. The next petition had 19,000 names on it. Still no action!

Then, in June 1891, a magazine was published by the suffragettes and it went all round the country. Everybody knew what was happening and why. The third petition with signatures from all over New Zealand was presented in Parliament in 1893 and it had 32,000 signatures. The 600 women who had worked so hard to get this done now received what they wanted – the *Electoral Act of 1893* was passed, which gave women in New Zealand the right to vote. This was the first country in the world to do it. The first election was held only 10 weeks after the law was passed and 65% of all the women of New Zealand voted in it.

Kate was now quite famous and she started the very important *NZ National Council of Women* which Parliament listens to. She did a lot of work to help women's affairs in New Zealand, and in Britain too.

She died in Christchurch on 15 August, 1925, aged 78. The *Christchurch Times* wrote:

A great woman has gone, whose name will remain an inspiration to the daughters of New Zealand while our history endures.

Jenny Goldsbro

Thoughts From A Small Place



Her name was *Grandma Ingle*. She was not a relative of mine, but was a dear friend to my mother and so, of course, was regarded as family. *Grandma Ingle* lived in Bradford with her widowed daughter *Elsie*, and her granddaughter *Barbara*, who was one year younger than me. Our fathers had fought together in Burma during World War II. *Harry*, *Elsie's* husband, was killed just before *Barbara* was born, and that was why the three of them lived together in a small terraced house.

Elsie had to go to work to support them, and so *Grandma Ingle* looked after everyone. She must



have been in her sixties by then. She was small, with silver hair, and wore small round glasses, and was very deaf. A quiet person, who showed great love and kindness to everyone.

My own father died in the early fifties and *Grandma Ingle* took Mum, my sister, and me into her home each time we visited Bradford, where we would stay for the weekend.



Grandma Ingle was a superb cook and baker, and she worked in a very small space. As children, we would watch in awe as she produced the most amazing cooking from the two ovens which were part of the black leaded fireplace. Her tiny kitchen was at the head of the cellar steps and consisted of a brown stone sink, draining board, and a two ring gas hob. All the food preparation was done in that tiny area, and was a most dangerous place because of its proximity to the cellar steps – not to mention that the only worktop was the old draining board.

She would prepare the ovens by putting just the right amount of

coal on the fire, and she would know from the glow of the coals the exact time to put her baking in to the ovens so that all should be evenly cooked. The bread oven was on the right side and the baking oven on the left. Hanging from a large hook above the fire was a huge cooking pot where stews could also cook at the same time.

Once the baking was in the ovens, she would keep an eye on the mantel clock so that she would know when the food was ready.

Grandma Ingle had no scales for weighing, but somehow always knew that her ingredients were correct – a truly amazing skill.

We would sit by the fireside and wait for the delicious goodies to be cooked. We were almost cooked too from the heat of the fire. The cakes, pastries, and bread were always worth waiting for. I still have a picture in my mind of her bending over the fire, her large pinafore covering her clothes and her glasses steaming up as she opened the oven door, with the chiming mantel clock letting her know the cooking time was up.

As the years went by, a new gas cooker and worktops were provided for her, but she still preferred to cook the old way, and did so until she was a very old lady.

She was much loved by all who knew her. She was always *Grandma Ingle* to everyone.

Jean Goad



Carnival

or 'Fasnacht' as it is called in Switzerland



Handy Hints

In many parts of Switzerland, five days after *Ash Wednesday*, *Carnival* starts. It's a time when folk can have a bit of fun and let their hair down. In my twenties I lived in the city of Basel, the *Carnival* capital, with my parents living on the outskirts. During one visit home, Mum told me that she and Dad intended to go to the local masked ball. Great! I thought, I will join them.

On the night, as the party was in full swing, I made my entrance as a dear old lady. I was dressed in a full black skirt, hemmed with velvet. The blouse was a frilled crepe de chine in ecru with a high collar. I even wore black, laced up shoes from the last century, and of course black gloves. The piece de resistance was a small brimmed hat on top of my curly white haired wig decorated with lilac and rose silk ribbons. A coquettish black veil covered the eye slits of my wrinkled-looking mask.

Dad was dancing with Mum, dressed up as a clown. I knew this because I had seen her costume during my visit. At a



masked ball it is quite okay for the dressed up ladies to ask any man for a dance. I could hardly wait for an opportunity to ask my dad – being a gentleman he would surely not refuse the invitation of an 'old lady'. I whispered to him that my arthritic hips gave me some problems and asked him to be mindful and not to try to show off. He denied showing off, but I told him that I had watched him over the years.

Naturally, he kept guessing as to who I could be. He said I was not as old as I made out to be. But, as is the custom, you give nothing away. I also teased him a bit that this clown was after him and warned him to be mindful of her.

It was fun and time flew. I made sure to get Dad for the last dance before de-masking. When the moment came, the look on his face was priceless. He gave me a big hug, a kiss, and called me a rascal. Then we joined the now also de-masked Mum and her partner. Mum, laughing, was equally surprised and relieved that the 'little old lady' was harmless. We danced a bit longer and went home a happy trio.

The moral of the story? I am a little old lady now and look no way as cute as I did then. Alas, fashion changes and one was just that much better dressed once upon a time.

Irene Knowles



Opening Stubborn Jars

Using two rubber bands can help you to open a jar easily.

Place one around the rim of the jar lid and another around the middle of the jar. The rubber provides friction to prevent your hands from slipping.



Kitchen Cleaning

To clean a wooden chopping board, sprinkle salt onto the surface, and then scrub with the juicy end of a cut lemon. Squeeze the lemon a little bit, and let the lemon-salt scrub work its magic.

Keep scrubbing for a five minutes, let it sit, and then rinse.



Always laugh when you can ... it's cheap medicine!

