



Winter 2019

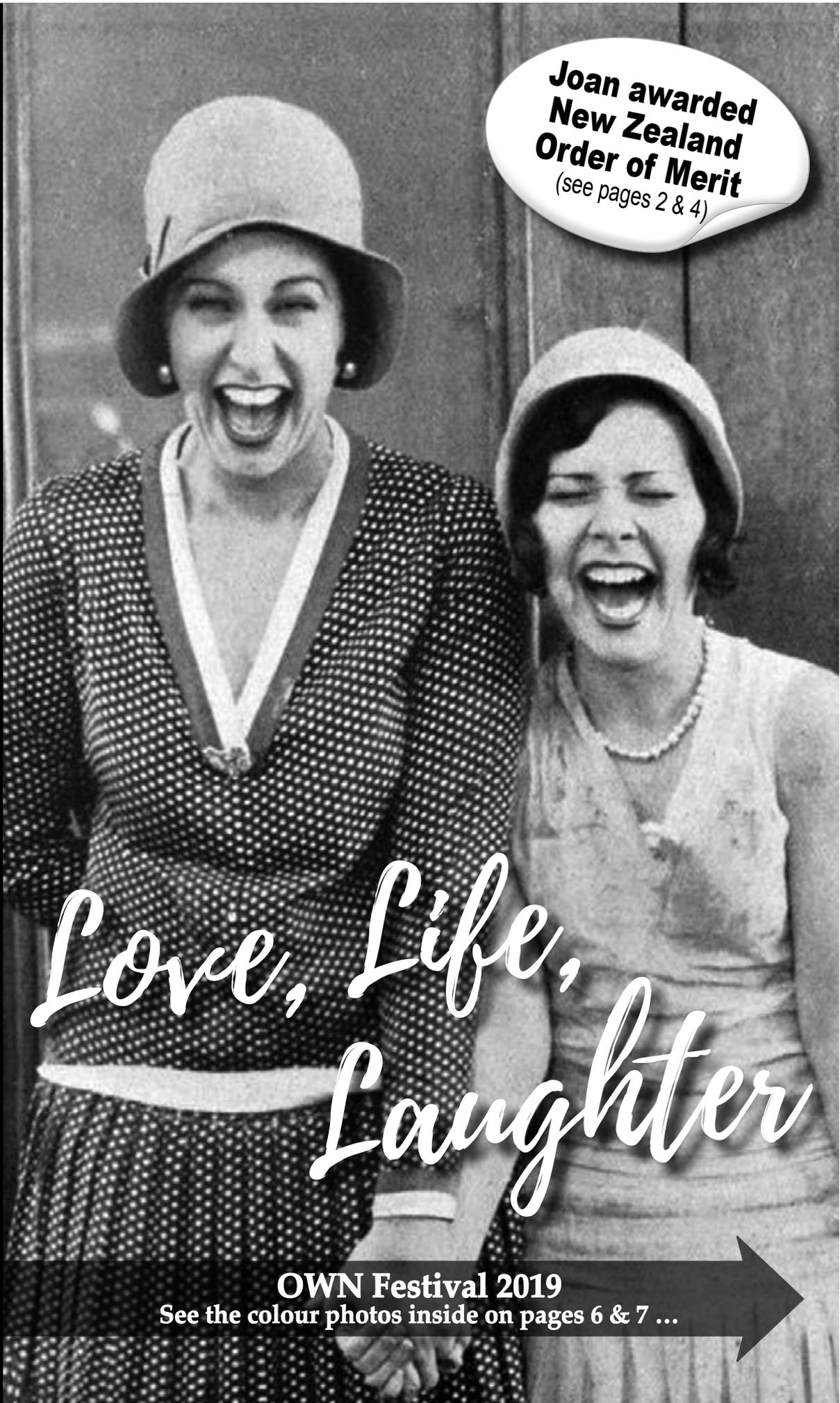
www.own.org.nz

NEWS & VIEWS

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



OWN



**Joan awarded
New Zealand
Order of Merit**
(see pages 2 & 4)

*Love, Life,
Laughter*

OWN Festival 2019

See the colour photos inside on pages 6 & 7 ...



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

An Investiture at Government House

Joan Lardner-Rivlin invited *Beate Matthies* and myself (*Anne Mutu*) to come and see her receive her award as Member of the New Zealand Order of Merit (MNZM) from the Governor General, *Dame Patricia (Patsy) Reddy* at Government House Epsom.

We duly arrived at the gate where we presented our official invitation to the army personnel stationed there. Inside the gate were several policemen, probably present because of the events in Christchurch. We proceeded along the drive to the house past the lovely garden with the biggest Pohutukawa I have ever seen with the Tui serenading us from above.

We were shown to our seats in the large reception room and when we were all seated an official came to explain the procedures to us. We rose as the eleven award recipients filed into the room and then *Dame Patricia* entered along with her retinue. She was resplendent in her cream suit with all her medals.

The M.C. introduced each recipient, reciting the work they had done, the award winner come forward and had their award pinned on their chest by *Dame Patricia*. She spoke a few words to each recipient and as they returned to their seats, they were loudly applauded by everyone. *Joan* was the only one to laugh.

Afterwards we went across to the big marquee for refreshments and were able to mix and mingle. *Joan* was resplendent in her new outfit, supported by her daughter *Judith*. She had been warned to wear a reasonable sturdy top as the medal is heavy and a thin top would not have supported it.



Each recipient was escorted back to the lounge to have a personal chat with *Dame Patricia* and be introduced to her family and friends. *Joan* was telling her that she had been present at the *Queen's* coronation. *Dame Patricia* replied that *Joan* was the first person she had met who had been at the coronation.

We, family and friends, followed on into the lounge and were also able to have a few words with *Dame Patricia*. I remarked to her on the nice medals she was wearing and she replied that they were actually heavy and she would be glad to take them off. She was an easy person to speak to and after a few more minutes of chit chat, we stood alongside *Joan* and *Dame Patricia* for the official photograph.

While we waited for *Joan* to collect her things, *Beate* and I took the opportunity to speak to some of the staff and ask questions about the house and the work they do. They were extremely nice and told us about the running of the house and we heard some interesting things. We then proceeded with *Joan* to the gate to await our transport and had the time to say thank you to the policemen stationed there.

Our transport arrived and we left with memories of an interesting day, basking in the reflected glory of *Joan*.

Anne Mutu

P.S. We asked *Joan*, why the laugh? *Dame Patricia* had said it was such a change to pin a medal on someone smaller than herself. (*Dame Patricia* is small.)

Up-coming Events

Men's Shed + Lunch and Walk

When: 10:30am, Saturday, 6 July

Venue: *The Men's Shed*, Elliot Reserve / Glenfield Tennis Club,
34 Elliott Avenue (off James Street), Glenfield

Graham Bolton is the Media Representative of the *Men's Shed*. He was the keynote speaker at our **OWN AGM** in April, and is a former broadcaster and publisher of digital publications (ebooks). A group of OWN members are helping *Graham* to write an ebook on *The History of the Men's Shed* and in return he will create an ebook for OWN.

Come along to visit the *Men's Shed*, followed by lunch at *Kings Garden Centre*, and then a leisurely walk in *Smiths Bush* which is off Northcote Road (behind *Onewa Domain*) – it is hard to believe it is so close to the motorway and yet it feels as if you are in the bush miles from anywhere. The nature trail is beautifully laid out with a board walk all around the reserve, curving in and around the huge trees which are wonderful. There are Kahikatea which are over one hundred years old and giant Puriri and many, many more. The birds are singing and flying overhead including Tui and Native Wood Pigeons with an occasional Rosella. There are lots of seats to sit on and enjoy the bush and the bird life.

For more details, please contact *Lennie Crawford*, ph: 444-3320.



Diarise Now!



OWN Theatre Group Trip

Six Degrees of Separation

When: 2:00pm, Saturday, 24 August

Where: *ASB Waterfront Theatre*,
Wynyard Quarter, Central City

Suave and sophisticated, wealthy Manhattan art dealers *Flan* and *Ouisa Kittredge* are all about keeping up appearances in high-society New York. But suddenly their world of comfort and respectability is turned upside down. Only once they begin to piece together the truth do the cracks in the veneer come into sharp relief – and with it, a whirlwind introduction to the question of human connection. A blistering satire of class and race relations in 1990.

Register your interest now!

There are limited tickets. For more details, please contact *Joan Lardner-Rivlin*, ph: 483-9671.



AUCKLAND
THEATRE
COMPANY

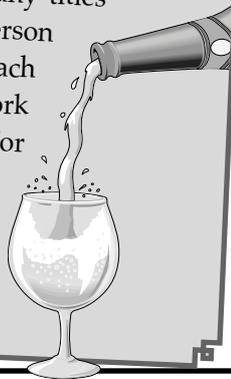
Book Now!



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

Congratulations...

to our own *Joan Lardner-Rivlin* on receiving the award as *Member of New Zealand Order of Merit* on the 15 May, 2019, from the Governor General *Dame Patricia Reddy* at Government House, Epsom (see page 2). *Joan* has many titles to her name, OWN Chairperson being only one of them, but each one reflects the many areas of work and dedication she has given for the good of others. *Joan* you are an inspiration to us all and we thank you most sincerely for the time you give to us at OWN.



OWN News Bites

OWN Committee 2019-2020

Above, from left: *Anita Knape*, *Judy Brocherie* (Vice President), *Val Bird*, *Lennie Crawford* (Secretary), *Joan Lardner-Rivlin* (President), *Chris Griffiths*, *Pat Bish*, and *Beate Matthies* (Treasurer).

Resignations

- *Rosemarie Carr* has resigned after four years as Compiling Editor of **OWN News&Views**.
- *Ros Dady*: "I have thoroughly enjoyed OWN, but circumstances have changed, so I have to resign."
- *Susan Pichler*, Tai-Chi Group Co-ordinator: "Over the past 18 years of belonging to OWN, I've enjoyed many happy stimulating, friendly, and fun times. I hope OWN will continue to function as a successful organisation for 'older' women for many years to come, best wishes."

On behalf of OWN members, we thank all three of you and wish you the very best for the years ahead.

OWN Groups

Writing for Future Generations

Inform the appropriate 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.

OWN Theatre Group

Exploring more theatre visits and other activities. For further 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 Browns Bay Coffee Group

Come and join us for a cuppa, or maybe lunch. Meets at 11:30am on the last Tuesday of each month at *White Flower Café*, in Browns Bay. For details, contact *Val Bird*, ph: 475-6601 or email: valbird51@hotmail.com



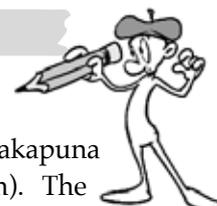
OWN Discussion Group

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. For details, contact *Jeanne Ford* ph: 410-4803.

Heloisa's Art Classes

New members welcome.

Held in the Channel View Lounge, *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. To register, contact *Roanna*, email: roanna@takapunatrust.org.nz or ph: 021-416-778.



The Historic & Scenic Matakana River



I was not sure if joining a group of older women on a bus trip was really my thing.

I imagined I was much too young. I imagined that they would spend the day talking about their ailments. I imagined I would be trapped in a very dull and boring day.

But I felt it was time for me to get a little more involved with *Our Women's Network*.

The day arrived, warm and sunny. After a short wait at our designated pick up spot in Browns Bay, our bus duly arrived and we were greeted warmly by our driver *Paul*, who already had our Beach Haven travel companions on-board.

I sat beside my dear friend *Sanny* on our journey to Matakana. We chatted together as the bus travelled along and I found I could relax and enjoy the views of our beautiful countryside. The bus provided an elevated vantage point from where I could see the earthy scar that will form the foundation for the Puhoi to Warkworth motorway extension, due for completion by the end of 2021.



Despite our delayed departure we arrived at the Matakana Wharf in good time and *Captain Phil* was waiting alongside. The guided river tour was *Phil's* brainchild and he used his building skills to create this flat-bottomed vessel, he named *Kotiti*, especially for cruising on the river.

The boat was well equipped and easily accommodated our group of twenty. Some took advantage of the blankets and water supplied on board, but at this early hour no one seemed interested in his offer of beer or wine.

As we wound our way down the river *Phil* and told us of historic events in the area and pointed out places of interest. We passed a disused quarry, and spotted Spoonbills nesting in tall trees. Mangroves reflected in the glassy

surface and there were signs that various fish swam below.

The river water took on an emerald hue as we neared the ocean and here expensive homes sit comfortably near the river bank.

Thirty minutes after leaving Matakana we reached the river mouth at Sandspit. *Phil* cruised close to boats moored in the stream and, as we passed others safely docked in the marina, he slowly turned the *Kotiti* around and we began our leisurely cruise back to Matakana, where *Paul* was waiting at the wharf, ready to shepherd us back onto his bus and transport us to the *Brick Bay* restaurant for a luscious lunch.

Thanks for organizing the bus trip *Lennie*.

I found I was much the same age as my fellow travellers, they did not talk about their ailments, and I thoroughly enjoyed being 'trapped' with these interesting people. I imagine I will be one of the first to line up for the next OWN bus trip.

Cherrie Keane



Matakana River Tours boat 'Kotiti'



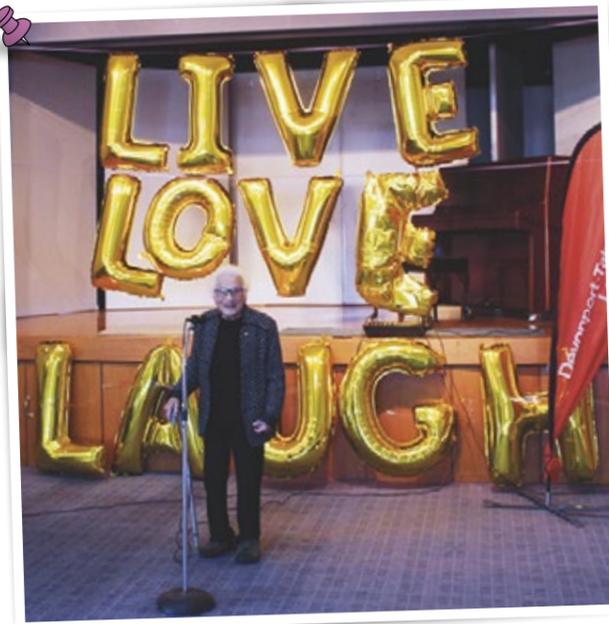
Brick Bay restaurant



OWN Festival
25 May 2019



*Love, Life,
Laughter*



This year's **OWN Festival** was held at *The Positive Ageing Centre* in Takapuna. The theme was **Love, Life, Laughter**. Forty ladies attended.

Marta Cullen led us in Israeli dancing, which the ladies all enjoyed, so much so, *Marta* has offered to run monthly classes, depending on interest.

There were no workshops this year. From feedback received this was not a popular decision. Suggestions were to have workshops in the morning and entertainment in the afternoon. This will be considered for next year's **OWN Festival**.

Entertainment was provided by *Ora* singing well-known popular songs. Comedians *Jules* and *Mike* covered the "Laughter" part of the **Festival** along with jokes read by *Lennie*.

The "Love" part was covered by *Christine Curtis* giving her experiences of being an author writing love stories. She also told of her interesting experiences while living on the Island of Sark.

Once again *Emma* provided a delicious lunch.

For those of you who could not attend this year's **OWN Festival**, we hope to see you at our future events.

Judy Brocherie

With special thanks to our event sponsors



Always find a reason to love and laugh everyday. It may not add years to your life, but it will add life to your years.

The Empty Chair

There was a chair. It was burgundy red in colour and very comfortable to sit in. It was an easy chair, but with no arms. It was very low in height with a fluted back and a loose thick Dunlopillo cushion. I found out years later that it was called a nursing chair. It was placed in the living room and used by everyone.

I sat in this most comfortable chair a lot. It was very useful when giving a baby a bottle, changing nappies, knitting, sewing, or just watching television. An all-purpose chair.

My children used the chair for all sorts of things when they were playing. It was a car, a boat, a train, or when turned upside down even an aeroplane. Some days it was a café or a sweet shop, and on one occasion it even became a hairdressing salon when my elder daughter found a pair of scissors and decided to cut her sister's hair – she was not very popular with me as it took ages for me to try and make *Fiona's* hair look better than the haystack her sister had achieved. As *Fiona* had white-blond hair she really had managed the scarecrow look.

In 1960 I decided to go to evening class to learn about upholstery. The result was I made a chair. It took several months, hard work, and many very sore fingers, but eventually the chair was finished. I cannot recall how I got it home. The school where



the classes were held was a few miles from home and I had to cycle there. I was very proud of what I had achieved.

The chair was moved from house to house each time we moved. It went from North to South, East to West. It was in the West, in 1992, that it was finally laid to rest. We had moved to Bath and for the chair, it was one move too many.

After unpacking I sat upon said chair, and soon realised it had become wobbly. We turned the chair upside down to see whether it could be repaired, but alas it could not. No one wanted the chair, which had given so much pleasure over the years, to be thrown away. So, for the next four years it stood quietly in a corner, and as no one could use it, it had become the empty chair.

The day came when once more we had to move to a new house. We had to decide upon the fate of the old and very worn somewhat shabby chair. One night we decided to light a bonfire at the bottom of the garden. The old chair was ceremoniously placed on top of the burning logs. We watched in sadness as it slowly burned.

The chair must have been very well made because after all it had been part of the family for 32 years.

It was like losing an old friend.

Jean Goad

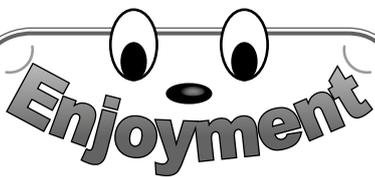


Rwanda Marks 25 Years

Twenty-five years ago, on 7 April, 1994, the dominant Hutus of Rwanda turned with well-planned violence on the Tutsi minority whom they held to be traitors. One hundred days later, when the killing finally stopped, the death toll stood at as many as one million, mostly Tutsis, but also some moderate Hutus who had opposed the violence.

OWN member *Mathilde Mujawamariya* is originally from Rwanda. Here she is with Prime Minister *Jacinda Ardern*.

My Dream Job



Enjoyment

It's no wonder people say,

“ **laughter is
the best medicine** ”

Fun, laughter, and a sense of enjoyment are guaranteed to add a healthy zest to your life.

Get into the habit of adding a big daily dose to your diet:

- ☺ Write yourself a daily 'prescription', e.g. two belly laughs, one activity I enjoy, contact one person who makes me laugh. At the end of the day, think back on how you filled your script – that gives you a double dose!
- ☺ See the funny side and laugh ... out loud. 
- ☺ Develop your sense of humour – think of it as a muscle that needs constant toning.
- ☺ Get into the habit of taking pleasure in small things and counting your blessings.
- ☺ Smile. It will make you feel good, and others too.
- ☺ Sing. Even if you can't hold a tune it will make you feel good. 

I finished my Early Childhood qualification in 1995 and was very lucky to secure a teaching position at *Mungaven Kindergarten* in Porirua. It wasn't an easy start, as the relieving teacher who had applied for the position missed out, and I think it was hard for some of the parents to accept me. One day, a parent said to me, “You are one of us, Meg”. That made me feel good.

I travelled from Paraparaumu on the train to Porirua. I remember a friend and fellow traveller saying to me, “Meg, you have a name on the train.”

“What is it?” I inquired.

“The ‘bag lady’,” he replied, adding, “I put them straight and explained what you did for a job.” My bag was always full of bits for collage activities – ribbons, greetings cards, etc. I once brought three frogs from our swimming pool in a sealed ice cream container for the pond of one of the parents. Thank goodness they didn't croak, as I'm sure I'd have been thrown off the train.

Our kindergarten had three teachers and 40 children per session. We had a large percentage of Pacific Islanders. As a Decile Three kindergarten, it qualified for an extra *Ministry of Education* grant.

There were many opportunities that made this job special, such as asking the children during mat time what they did on the weekends. Most of the children replied, “We go to McDonald's.” During a discussion with the other two teachers, I suggested that we use some of our grant money once a term to take the children on trips. I organised these, co-ordinating transport, parent helpers, etc. Places visited included the zoo, Te Papa, live shows, and trips to the beach, to name but a few.

Across the road from the kindergarten was a house for adults with disabilities. We paid them a visit twice a year, with gifts of Easter eggs and small Christmas presents, as well as a little concert performance. The kindergarten was home to two cockatiels and a rabbit. A funeral service was held for the much loved rabbit when it passed away.

During my time at the kindergarten, we celebrated 25 years by making a time capsule and burying it in the garden. I worked with two very special teachers and thoroughly enjoyed my 11 years there. Great parents and children.



Meg Norton

Horror!



I was in London – in love with my now-husband. On weekends we used to go sightseeing, stroll through Hyde Park, Hampstead Heath, and Highgate. There we naturally visited the cemetery where *Karl Marx* and *George Sand* are buried. It was also the place where *Anthony* used to buy Blue Eel in Jelly at the market. What a delicacy.

During my stint at the Housekeeping School, I had learnt how important it was that fish be fresh. At the time, I thought that the freshness of the fish was the reason it turned blue. To me this meant it should come directly from the lake, or river and go straight into the pan. In Switzerland, only top restaurants, usually located near a lake or river, served Blue Trout.



Two years later, married and with a baby, I came to New Zealand. We moved into a block of eight flats in Milford. There were lots of children in the neighbourhood. One day a bunch of boys, 4 - 7 year olds, knocked at the door and asked me if I had any stale bread. They intended to go eeling in the nearby creek. Immediately, my thoughts recalled the yummy Blue Eel in Jelly from London. I could make this for my dearly beloved, I thought, and asked the boys if they could also get me a smaller one. "Sure," they said.

About an hour later they delivered the eel in a bucket. It looked dead. Not knowing the state of the creek, I started rinsing the eel under the tap and ... WHOOPS! The thing became alive and started writhing. What now?

The only weapon I had was a plastic hammer. I started bashing its head on the bench, trying to kill it, but it wriggled and fell to the floor, moving like crazy and me bashing in a frenzy, but to no avail.

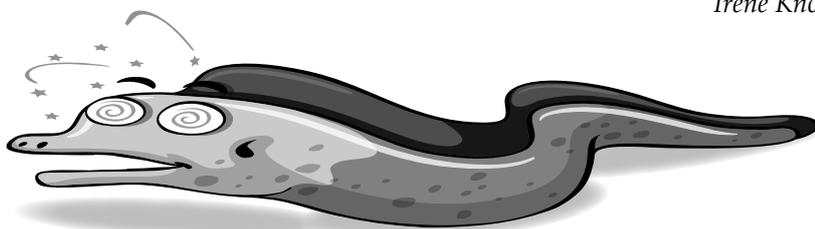
It was absolutely dreadful, so cruel. There was boiling water on the stove. I picked the beast up by the neck and stuck its head into the water, assuring myself that this was the kindest way, merciful. It did the trick, but boy, oh boy, did I feel awful, exhausted, and sick.

I finally grabbed the pan and threw the contents over the balcony onto the lawn. When I heard my neighbour come home, I asked him to please bury it.

There will never be eel in any shape or form in our house again.

I also learned that the blue hue on the skin of an eel or trout is obtained by adding a dash of vinegar to the cooking liquid. It has nothing to do with the time from catch to pan.

Irene Knowles



Falls Prevention Tips

It might be a good time to remind ourselves about the risks of falling when we are older. According to *Health Navigator NZ*, approximately 1 in 3 people over the age of 65 will fall in any one year. Of these, 4% end up in hospital and 1% suffer a hip fracture.

Half of all falls happen at home. We can learn the hard way if we climb ladders and it can be a long, slow and painful journey which affects our everyday life.

Rugs and general clutter can also be trip / fall hazards and are best removed if your mobility is compromised. Exercise and especially those that strengthen legs and balance such as Tai Chi are beneficial. Lack of exercise can lead to leg weakness which can increase the chances of falling.

Have a chat with your GP about your medications as well to see if any might put you at greater risk of falling and work out the best time of day to take them to reduce the risk.



A Little Bit of New Zealand History

Women's liberation in New Zealand also grew out of the American civil rights and anti-war movements. Women there fighting to free other people, found themselves relegated to making tea, typing, and providing sexual comforts for men.

And so they began, in the late 1960's a process of "consciousness raising" to heighten an awareness of oppression and to engender a feeling of solidarity with others of their sex. The ground for such a movement in New Zealand was fertile because of what most women – and many men – could see was the second class status of women in such areas as employment opportunities, rate of pay, excessive domestic responsibilities, and education. Again, overseas literature was important in helping individual women recognise and analyse the problems and in developing a belief that oppressive circumstances could be changed. *Betty Friedman's The Feminine Mystique* and *Germaine Greer's The Female Eunuch* were especially influential, as was a visit to New Zealand by *Greer* in 1972, during which she was arrested and fined \$40 for using the word "bullshit".

New Zealand women organised themselves into small leaderless groups for consciousness-raising meetings. By 1972 around 20 women's liberation groups were operating throughout the country,

spawning a forest of new acronyms. *NOW* (*National Organisation for Women*) was a good one, as was *WOW* (*Wellington Organisation for Women*). A *Southland Organisation for Women* presented problems however, and was quietly abandoned as an option.



Journalist Sue Kedgley

Most visibly, as far as the wider community was concerned, the movement organised four biennial *United Women's Conventions*, in 1973, 1975, 1977, and 1979. In addition to providing New Zealand women with valuable networking opportunities, the conventions enabled locals to hear directly from some of the great figures in the international women's movement, such as *Margaret Mead* and *Robin Morgan*. The conventions were aimed at women in the mainstream, but they eventually proved impossible to manage because internal dissension within the women's movement, particularly between gay and straight women, and between Maori and Pakeha.

The most visible public faces of the movement in New Zealand were journalist and researcher *Sue Kedgley*, whose striking good looks and gypsy outfits dispelled any notion that women's libbers were sexless and embittered androgynes; *Sandra Coney*, a founding editor of the feminist magazine *Broadsheet*; *Ngahuia Te Awakotuku*, a Te Arawa Maori activist; *Marilyn Waring*, the charismatically intelligent and (usually) high-spirited backbench National MP; and the unlikely named *Phillida Bunkle* of *Victoria University*, who with *Rosemary Seymour* at the *University of Waikato*, was most responsible for pioneering women's history and women's studies in New Zealand tertiary education.

As the women's movement grew they did not want equality in a man's world, but the feminisation of



Germaine Greer (left) at the Auckland Courthouse in 1972, with Sue Kedgley, before her obscene language charges trial.

Continues ►

◀ continued.

society. By asserting such values as nurturing and co-operation, feminist would seek to overthrow the values of male dominance.

Like the counter-culture the main achievement of the women's movement was its role in changing the attitudes of mainstream New Zealand society, but in this case to sex roles, equality of opportunity, and equal pay. Many women in the Labour movement in particular carried its value into party and parliamentary politics, the fruit of which was such measures as the wider provision of day care facilities for children, which allowed growing numbers of women to enter the work force, and securing equal pay in principle in the 1980's.

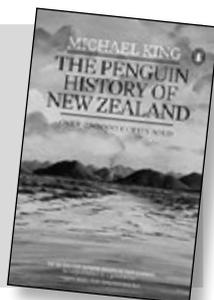
The fact that the early years of the 21st century would deliver simultaneously a woman Governor General, a woman Prime Minister, a woman Chief Justice, and a woman Attorney General was one measure of progress the movement had achieved in New Zealand.



Maori and Pacific women issued a challenge at the 1979 United Women's Convention. Donna Awatere (left) and Mona Papali'i (right) accused the women's movement of racism, arguing that Pakeha feminists ignored the issues most important to Maori women.

Article text is an extract from *The Penguin History of New Zealand* by Michael King. Chapter 27, pages 459 - 461.

Photos have been added (original sources not known).



OWN's Kitchen



Judy Brocherie's Delicious Filo Savouries

These are very light. Filo pastry is easier on the digestion than flaky or puff pastry.

Ingredients

- 9 sheets of Filo Pastry (fresh, not frozen)
- 4 Eggs
- ½ cup Milk
- 2 Rashers Bacon or Ham (chopped finely)
- ½ Onion (chopped finely)
- ½ cup Grated Cheese
- Salt and Pepper to taste

Method

1. Lightly Spray muffin tins with oil.
2. Beat eggs, milk, and salt and pepper together.
3. Unroll fillo pastry using one sheet at a time. (While working keep remaining sheets covered with a damp tea towel to prevent drying out.)
4. Fold each sheet into 4, then half again. Shape into the 9 muffin tins.
5. Sprinkle grated cheese, chopped onion, and chopped bacon / ham into each pastry case. Pour egg mixture over this.
6. Cook for 25 minutes at 200°.



So much to do ...



no desire to do it!