



Winter 2022

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

NEWS & VIEWS



OWN

News • Events • Stories • Poems • Jokes • and more ...

Winter Song

Rain and wind, and wind and rain.
 Will the Summer come again?
 Rain on houses, on the street,
 Wetting all the people's feet,
 Though they run with might and main.
 Rain and wind, and wind and rain.

Snow and sleet, and sleet and snow.
 Will the Winter never go?
 What do beggar children do
 With no fire to cuddle to,
 P'raps with nowhere warm to go?
 Snow and sleet, and sleet and snow.

Hail and ice, and ice and hail,
 Water frozen in the pail.
 See the robins, brown and red,
 They are waiting to be fed.
 Poor dears, battling in the gale!
 Hail and ice, and ice and hail.

Katherine Mansfield

OWN Festival photos
in colour on pages 6 and 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

Dear OWN members ...

After nine months the **Writing Groups** were able to get together for the month of May. Long may this continue. It was lovely catching up with friends whom we had not seen in a while.

Our annual **OWN Festival** was held at the *Positive Ageing Centre* in Takapuna on Saturday, 21 May, 2022 (see the colour photos on pages 6 and 7). Twenty-four ladies attended. This number was down on previous years, probably due to Covid and people still wary of being in a crowd. *Lennie* and I have received positive feedback from attendees. This is most pleasing, as much work and effort by the Committee, especially *Lennie*, went into organising the **Festival**.

Katie Rom from *Age Concern* gave a most enlightening and informative talk with a slide show on *Healthy Eating as We Age*. No excuse now not to eat well.

Wai Ling had us moving our bodies in the slow rhythmic way with *Tai Chi*. She was patient and supportive, as some of us were not very well co-ordinated. A most enjoyable class with great feedback from the attendees.

Louise and *Jan* ran the *Yoga with Laughter* session which was thoroughly enjoyed by those participating. We all need laughter and joy in our lives.

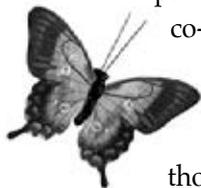
Emma supplied her usual delicious lunch.

Our afternoon speaker, *Lynne Dawson*, was most informative with tales of her interesting life. *Lynne* has set up groups of ladies knitting "Peggy squares" for newborns and disadvantaged children. These squares are made into rugs, toys, and baby clothing. *Lynne* was most enthusiastic and had us wanting to get those needles out and start knitting for these good causes. (See the **Knitting Group** box bottom-right.)

Special thanks go to *Sarah* and *Jonathon* from *Takapuna North Community Trust* for their invaluable help leading up to and on the day of the **Festival**.

Winter is now upon us so stay warm.

Judy Brocherie
Chairperson



OWN AGM



The OWN Committee made the decision at the last minute to hold the **OWN Annual General Meeting 2022** at the **OWN Festival**. They felt at the moment a separate occasion for the **AGM** may not have reached a required quorum.

The Committee voted in are ...

Chairperson: *Judy Brocherie*

Secretary: *Lennie Crawford*

Treasurer: *Dale Everiss*

Committee Members:

*Val Bird, Pat Bish,
and Anita Shaw*

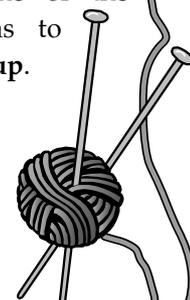
We are still looking for some other keen ladies to join our Committee.



Knitting Group

The feedback from those attending our **OWN Festival** was very positive. An added suggestion from one of the guest speakers was to start a **Knitting Group**.

Anyone interested, please contact *Lennie Crawford*, ph: 444-3320.



OWN Groups

We're back enjoying each other's company again.
Check by phoning the co-ordinators for details.

Writing for Future Generations

New members welcome - please inform the appropriate Group Convenor prior to attending.



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 or ph: 021-064-9522.

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 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*, Browns Bay. For details, contact *Val Bird*, ph: 475-6601 or email: valbird51@hotmail.com



Up-coming Event

Games Day

Look out for another fun **Games Day** session that is being organised for August!

Coming Soon!

When: To be advised

Where: To be advised

Cost: To be advised



To register or for more details, please contact *Lennie Crawford*, ph: 444-3320.



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

A Monkey's Viewpoint

Three monkeys sat in a coconut tree,
Discussing things as they're said to be.
Said one to the others, now listen you two,
There's a certain rumour that can't be true,
That man's descended from our noble race.
The very idea! It's a dire disgrace.

No monkey ever deserted his wife,
And you've never known a mother monk
To leave her baby with others to bunk
Or pass them on from one to another
Till they hardly know who's their mother!

And another thing you'll never see,
A monk build a fence around a coconut tree
And let the coconuts go to waste,
Forbidding all other monks to taste.

Why, if I put a fence around this tree
Starvation would force you to steal from me.

Here's another thing a monk won't do:
Go out at night and get in a stew
Or use a gun or a club or a knife
To take another monkey's life.
Yes, man descended, the ornery cuss,
But, brother, he didn't descend from us!

Author unknown



Playcentre

In the summer of 1964, while awaiting my appointment with the Plunket Nurse, I idly read the notices pinned on the clinic wall. 'Come and join us at *Birkenhead Playcentre*,' one of them invited. A visit to the local Kindergarten had yielded nothing more than the recording of my elder daughter's name on a waiting list. Playcentre was new to me, but as the mother of a two-and-a-half year old and a baby of nine months, new to the area, and nearly going up the wall, I thought it worth a try.



Not having access to a car it was a matter of walking to the centre. Because my expectations had been of a facility similar to Kindergarten I was somewhat taken aback at the old decrepit looking house which stood before me at the end of a long driveway. Plucking up courage I unlatched the gate and together with my littlies, *Michelle* and *Joanne*, entered the unknown world of Playcentre. The rest as they say, is history.

In the days when the expectation was that mothers remain at home and fathers were the only breadwinners, my involvement in Playcentre was a life saver. My previous nursing work had been stimulating and challenging, and if my sanity was to be retained, a replacement for that was sorely needed. Sure, my children benefited by learning through play, but Playcentre also opened

up whole new fields of learning for me. The chance to gain knowledge not only about child development, but also to participate in the running of the *Birkenhead* centre and then the *North Shore Association* in education, liaison, and secretarial roles proved invaluable. The birth of our son *Simon* after both girls were at school, meant that there was plenty of time to partake of the exciting opportunities Playcentre offered.

Later, my Playcentre experience, the learning undertaken, and the qualification gained, enabled me to gain employment first as an early childhood advisor and then as the co-ordinator of the local community project which included responsibility for the education and supervision of secondary school students working in the crèches attached to three community houses. At this time, my knowledge and understanding of community development and empowerment first experienced through my involvement in Playcentre was acknowledged. This carried through to later,

employment as a community worker for the hospital board, the City Council, and then the area health board respectively. Likewise, when employed to develop a foundation course at *AUT*, my Playcentre roots were recognised, particularly when setting up the early childhood component of the course.

Playcentre introduced the notion of life-long self-directed learning and once begun there was no turning back. Gaining supervisor and liaison certificates gave me confidence to seek out further education. This I did first through adult education courses at *Auckland University* (known as *University Extension*) and then extramurally at *Massey*.

I shall be forever grateful for that small notice pinned on the Plunket room wall which introduced me to the Playcentre movement and began my life's learning journey. Without a doubt our family was enriched along the way.

Glen Adams



Sacramento & Sightseeing in Snowy Southland



My husband *David* and I flew south to be present at our granddaughter's baptism in Winton. We flew into Queenstown with the pilot saying, "Visibility is marginal – I may put the thrusters on and power away, but don't be alarmed". The approach into Queenstown is round a corner between mountains and the cloud/fog was very low, so it was white knuckle stuff, but we landed safely, picked up our hire car, and drove into sunlight down the Frankton arm of the lake in South Otago and northern Southland, revelling in the familiar names and scenes of Garston, Lumsden, Dipton, ... (We had done country service teaching in the south – 40 years before!) Craggy, rocky countryside, tall leafless poplars like sentinels, golden branched willows marking out the rivers, sweeping rolling paddocks, immaculately fenced and managed farms, cows, deer, and sheep, among the swedes! It was like coming home.

We arrived at Winton, drove around our old haunts on the Saturday, across through Hedgehope, Browns to Matura, down the Southland Plains, past the ginormous *Fonterra* factory at Edendale (which was a wee backwater when we were there before), and arrived in Invercargill at the same time as a roaring southerly gale and sleet. *Matthew*, our son flew into the storm that afternoon and we travelled with him



to Centre Bush where his wife *Kate's* family lives. A roast dinner of mutton, and (naturally) swede and cabbage (absolutely Southland), and conversation with the Southern "rrr's" ringing in our ears followed.

Back to our Winton motel to awake on Sunday morning to the snow. Cold, yes, but magical, yes! And the baptism of one year old *Maddison* followed. Again we dined by a roaring fire, looking out on sweeping snowy pastures.

Next day we dared to drive the long way round through Central Gore, home of country and western, and oaty porridge, across brown mountain ranges coated in snow down to road level, to Roxburgh and Alexandra, eating mutton pies and Auckland standard cappuccinos, to the Clyde Dam which we had opposed, but driving down the side of the stunning Lake Dunstan and seeing all the newly planted vines and vineyards in the valley, made you forget that a whole town with its orchards was moved or drowned to make room for this lake. By the time we got back to Queenstown it was bitterly cold, but we rugged up walked along the waterfront, watched the Earnslaw steam up the valley, rode the gondola, and wallowed in nostalgia and the beauty of God's creation. Indeed it was very good.

Pat Lythe



Sheep farm beside the Takitimu Mountains (near Lumsden)



OWN FESTIVAL 2022

CELEBRATING FLEXIBILITY IN THESE UNCERTAIN TIMES

21ST MAY, 2022 POSITIVE AGEING CENTRE, THE STRAND, TAKAPUNA

OWN



WITH THANKS TO OUR SUPPORTERS



The Shop in Satitoo-Aleipata

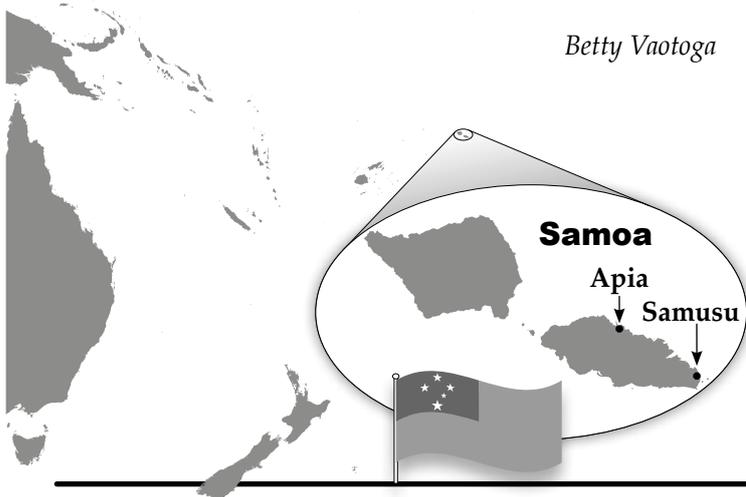


In 1961, *George* found us a job managing a village store in Satitoo, not far from Samusu. The shop was in the front room of the house and the other rooms were our living accommodation. The company who owned the business had their head office in Apia and was called *Morris Hedstrom Ltd.* *George's* niece came to live with us to help in the house, especially with the cooking.

George was very good at serving in the shop and taught me what to do so I could assist him. At the time I understood enough Samoan to manage that. What I couldn't do was refuse to give credit to the customers! Samoans are *very* persuasive and managed to convince us they would get paid for their bananas next week. They would then pay us for their groceries. Most families had a contract to supply a certain number of boxes of green bananas for export. The only problem was we didn't see much of them on pay day. It was quite an experience, but in the end we gave up shopkeeping.

Next we started talking about returning to New Zealand. We managed to return in 1962, very poor, but I had learned a lot. I was full of admiration for *George*, for he had kept his promise to my Mum. He said we would come back in time for *Hans* to start primary school. *George* soon got a job at *Northern Roller Mills*, in Fort Street, Auckland, thanks to *Ken*, *Anne's* husband, who was employed there. Baby number three arrived in March that year and *George* paid for the fare for *Fuapepe* to come and live with us within six months. She was a wonderful helper in the house. The following year we moved into our new house in Lauderdale Road, Birkdale. We attended the *Zion Hill Methodist Church* in Highbury with our family.

Betty Vaotoga



After a While

After a while you learn the subtle difference between holding a hand and chaining a soul.

And you learn that love doesn't mean leaning and company doesn't mean security.

And you begin to learn that kisses aren't contracts and presents aren't promises.

And you begin to accept your defeats with your head up and your eyes open, with the grace of a man or woman, not the grief of a child.

And learn to build all your roads today, because tomorrow's ground is too uncertain for plans, and futures have a way of falling down in mid-flight.

After a while, you learn that even sunshine burns if you get too much.

So you plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers.

And you learn that you really can endure, that you really are strong and you really do have worth.

And you learn ... and you learn.

With every goodbye ... you learn.

Jorge Luis Borges





Kawakawa – Maori Medicine



Many years ago I went to a Native Bush workshop and took a particular interest in Kawakawa (said to be the King of Maori Medicine) which is especially beneficial when using the leaves with holes in them. My Mum had rheumatoid arthritis and I started making the tincture for her.

These days, when I am going for my morning walk, I'm always on the lookout for the Kawakawa leaves with holes in them. With permission from the spirit of the Kawakawa deva, I take a few leaves and have a lovely pot of Kawakawa tea when I get home.

Chris Griffiths



Dosage and Administration (by Jules Bright)

- Infusion: 4-6 leaves to 1 cup boiled water. Cover and sit for 10-15 minutes.
- Dried: Half teaspoon per cup.
- Tincture: Crush leaves and branches in vodka, for 6 weeks, bring into sunshine 1 hour daily. Take 20-25 drops, 3 times daily.

Contra-indications

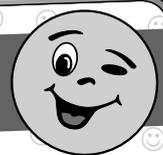
- Pregnancy: Uterine stimulant (small doses in third trimester only).
- Hypertension: Slightly raises blood pressure.

Organs and Systems Affected

- | | |
|-------------------------|-----------------------------------|
| • Gastrointestinal | Diarrhoea, worms |
| • Immunity | Osteo/rheumatoid arthritis |
| • Liver | Stimulates bile secretion |
| • Lungs | Asthma, expectorant, breathless |
| • Adrenal Glands | Boost adrenal output, energy |
| • Kidneys | Clears acidity |
| • Circulation | Blood cleanser, boils, cold hands |
| • Reproductive | Assists birthing, fertility |
| • Urinary | Diuretic, UTI, cystitis, candida |
| • Antiseptic | Insecticide |
| • Anti-catarrhal | Decrease mucous |
| • Cardiac Muscle | Improves function & tone |
| • Aperient | Mild laxative |
| • Diaphoretic | Promotes perspiration – fever |
| • Nervine | Tones nervous system |
| • Nutritive | |
| • Blood Sugar Regulator | Diabetes |
| • Anodyne | Pain reliever, toothache |



Paraprosdokians 1



Paraprosdokians are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected, and humorous. *Winston Churchill* loved them. Here are some examples, enjoy the wit!

I'm not arguing with you,
I am explaining
why you are wrong.

In filling in an application form
where it says, "In case of emergency notify...",
I put "Doctor".

I've had a perfectly
wonderful evening,
but this wasn't it.

Knowledge is knowing
a tomato is a fruit.
Wisdom is not putting it
in a fruit salad.

I'm supposed to respect my elders,
but it's getting harder and harder for me
to find one now.

I used to eat a lot
of natural foods until I learned
that most people die
of natural causes.

The 'Cabbage' Dress & Others



I loved my "cabbage" dress. Not really cabbages, of course, but large light green roses forming the pattern on pale grey glazed cotton. And, yes, they did bear a striking resemblance to cabbages, but in a good way. At 14 years old, this was my first grown-up dress, and cost my dad five guineas, which would have been about a quarter of his weekly wage. I considered it money well spent, even though the financial outlay wasn't mine. The fitting bodice with cap sleeves offset the full skirt to accommodate various layered underskirts.

This dress saw me through many Saturday night youth group socials, with the gathered skirt whirling and twirling, as I jived and rock'n'rolled to the latest 1960s beat. My white, flat pointy toed shoes completed the ensemble.



Eventually, it was time to add to my collection of one dress. I'd recently inherited a treadle sewing machine from my elderly next door neighbour, so set to on a dressmaking spree, saving up my earnings from a Saturday job at the local dry cleaning shop to buy material.

My dad and I somehow managed to navigate this heavy and ungainly piece of machinery up and around the staircase and into my bedroom. No mean feat, with a few tight squeezes here and there, until finally settled under my bedroom window.

And so my treadling days began, as I churned out skirts and dresses, including my gingham checked uniform dresses for school. My enthusiasm was boundless, only tempered by intermittent complaints from my dad that the noise of the rhythmic 'thump thump' directly above interfered with his viewing pleasure on the television in the living room below.

It was quite a wrench parting with my treadle machine in 1967, when I left home to emigrate to Canada. Although it wasn't long before I bought an electric sewing machine, it didn't offer the same satisfaction of having a good old thump on a treadle. Rather like progressing from a manual typewriter to an electric and, ultimately, a computer. No thumping power needed!

Patricia Russell

OWN's Kitchen

Recipe supplied by *Judy Brocherie*



Coconut Tart

Ingredients

- | | |
|-----------------------|---------------------------|
| 4 Eggs | ¾ cup Caster Sugar |
| 125gm Butter (melted) | 3 tps Vanilla Essence |
| ½ cup Plain Flour | 1 cup Desiccated Coconut |
| 2 cups Milk | Ground Nutmeg for topping |

Method

1. Preheat oven to 180°. Grease a 23cm pie dish.
2. In a blender add all ingredients (except nutmeg) and mix – do not over-mix.
3. Transfer batter to pie dish. Sprinkle nutmeg on top.
4. Place in the oven and cook for 45 minutes. The tart will have a slight wobble. This will set as it is cooling.





Nuts – the Healthy Snack

Eat a healthy handful of nuts each day ...

- ☞ Sprinkle some nuts on your morning muesli.
- ☞ Add them to your salad or sandwich.
- ☞ Keep some in the pantry for the perfect snack.
- ☞ Use them when cooking to add taste and texture.

Brazil Nuts

Brazil nuts are traditionally grown in the Amazon rainforests with most still gathered from wild trees. It is the rich rainforest soils that contribute to Brazil nuts being packed with a range of vitamins, minerals, and antioxidants, including selenium, which is a powerful antioxidant that is important for the immune system. They are also a source of fibre, and contain vitamins B1 and E, as well as minerals magnesium and zinc.



Cashew Nuts

Cashews are actually a seed that grows in a hard shell on the outside of a fruit called a cashew apple. Cashew nuts are rich in monounsaturated fats and are a source of protein and magnesium. They also contain zinc, iron, and copper.



Pistachios

Pistachios are delicious tree nuts that originated in the deserts of Asia and the Middle East. They add fantastic colour and texture to any dish they are added to, as well as having some worthwhile health benefits. Pistachios are rich in vitamin B6 and contain dietary fibre, iron, and zinc.



Almonds

Almonds are rich in vitamin E, a source of protein and fibre, and contain calcium, plant iron, and zinc. They are a source of healthy monounsaturated fats, and, like all other plant foods, they are cholesterol-free. Almonds are traditionally used as an ingredient in gluten-free cooking and baking.



Walnuts

Walnuts can be identified as being the nut that most looks like the brain! They are one of the few plant sources of Omega 3 fats. Walnuts contain antioxidants, as well as potassium, magnesium, and manganese. And, like all other plant foods, they are cholesterol-free.



Pine Nuts

Pine nuts are just what they say they are – the seeds from pine trees. They are a source of both polyunsaturated fats and monounsaturated fats. They also contain many beneficial vitamins and minerals, including niacin and zinc, and are rich in vitamin E and manganese.



Plus ...

Add cranberries to cashew nuts and almonds to provide a tart and delicious twist to your nut intake. Cranberries are significantly high in anti-oxidants and vitamins, particularly vitamin C.



The New Wallpaper

Graeme and I decided the hall at our bach in Hurunui needed repapering. The hall adjoined the lounge, so if we could match the existing medallion pattern in the lounge that would be great.

We managed to find the matching wallpaper. There were only three rolls left in the country. Perfect! Three rolls was all that was required. Even better, they were available at a shop nearby. The wallpaper was duly purchased and put aside for when our friend *Gary* would be able to help.

The hall was not very large, 4 metres by 1 metre, but complicated by the fact it had six doors leading from it – lounge, three bedrooms, bathroom, and toilet. *Gary* duly arrived. The men sized up the situation and decided there was nothing difficult about it. The job would be done on Saturday evening.

Come Saturday night, the two families went to dinner at the local hotel, 50 metres down the road. *Betty* and I took the children home about 9:00pm leaving the men to enjoy the evening.

About midnight I was awoken by the men very noisily entering

the house. They sounded a wee bit under the weather. I heard *Gary* say to *Graeme*, “We will take that door off to use as a table and you paste and I’ll hang.” I thought to myself surely they are not going to hang the wallpaper at this time of night and the state they are in. But, yes they were. Being the good wife, I said nothing and left them to it. I didn’t get much sleep because there was a lot of noise and hilarity going on. About 2:30am the job was complete.

Next morning I inspected the wallpaper. I was not happy and made my feelings known. *Graeme* went next door to *Gary* and said, “*Judy* is not happy with the wallpaper.”

Gary asked, “Why?”

Graeme said, “You had better come and have a look”

Gary came over and inspected the wallpaper. In the cool light of day he saw instantly what the problem was. The lovely medallion pattern on the wallpaper had been beautifully hung ... but upside down!

Judy Brocherie



Paraprosdokians 2

See page 9 for the definition and more examples.



Whenever I feel blue,
I start breathing again.

Since light travels faster than sound,
some people appear bright,
until you hear them speak.

If I agreed with you,
we’d both be wrong.

I haven’t slept for 10 days,
because that would
be too long.

Where there is a will, I want to be in it.

Giving up smoking is the easiest thing
in the world. I know, I’ve done it
thousands of times.

The easiest way
to find something lost
around the house is to
buy a replacement.