



Epsom Girls Grammar School Old Girls Association (Inc)

Newsletter

December 2017

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"MY YEAR WITH HELEN" FILM NIGHT

Our Sell-out Film Night fundraiser at the Rialto on 28 August previewed the Gaylene Preston documentary "My Year with Helen". The film follows our EGGS alumna **Helen Clark (1963 - 1967)** in her bid to become the first woman Secretary General of the UN. The spontaneous applause at the end of the film spoke for itself. A huge thank you to our very generous sponsors Craigs Investments Partners (Claire Dower) and Aria Park (Arvida Retirement and Care) for making this event possible. The film was first released in NZ at the International Film Festival in July which a group of 30 EGGS alumnae and friends attended. The OGA thanks everyone who supported our event. The funds raised went towards our Centennial Scholarships for staff and students. These scholarship of up to \$1400 each were jointly funded by the OGA, Chenery Memorial Trust and the School and were made available to five staff and five students and enable the recipients to participate in a curricular or co-curricular learning opportunity in 2017 or 2018.



Empowering young women since 1917

www.eggs.school.nz
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OUR SPECIAL CENTENARY YEAR IS NEARLY OVER – BUT THERE HAVE STILL BEEN LOTS OF EVENTS TO CELEBRATE 100 YEARS



EGGS 100 Week – In recognition of our EGGS Centenary year students have participated in a week of challenges focused on 100 to both have fun and fundraise. This has included things like 100 balloons in assembly, 100 nice notes, 100 laps of the swimming pool, 100 cupcakes, 100 food donations to charity and many more. Mrs Pound led (an unsuspecting!) group of students on a walk up 100 stairs of D block.



Spirit of Adventure Trust Centennial Scholarships – It was wonderful to see these inaugural Joyce Fisher Charitable Trust Spirit of Adventure Centennial Scholarships being presented in the EGGS Centenary year.

Memorabilia Prices

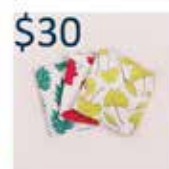
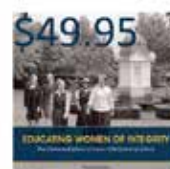
Tote Bag - \$10; History Book - \$49.95; Tea Towels - \$30 pack of three; Silver Charm - \$50; Tee Shirts - \$20 (navy or white); Gift Cards - \$20 pack of 12; Lioness Toy - \$15; Cake Tin - \$20.

Right through until 31st December we are still celebrating 100 years of excellence in girls' education; 100 years of proud traditions sitting at the cutting edge of learning; 100 years of timeless core values and a sense of community. You can still join us as we continue to celebrate 100 wonderful years.



EGGS Centennial Vertical Garden - This collaboration for the Centenary between the Student Council, Sustainability Committee, Heritage funding, PTA and Staff was unveiled at the end of Term 3. It is great to see it installed and growing!

Centenary Memorabilia including our lovely magnolia patterned Cake tins (\$20) that were delayed and not available during the Centenary celebrations – these can still be purchased from the School Administration Building foyer on Fridays from 10 am to 1 pm during Term 4 – a great idea for a unique Christmas present. Parking is available in Albury Ave after 10 am or there is limited visitor parking in front of the Administration Building for a “quick shop” or email oga@eggs.school.nz to arrange to purchase next year.





Kathleen Mandeno Scholarship winners reunion



Year 13 Graduation Dinner

KATHLEEN MANDENO SCHOLARSHIP WINNERS' REUNION

As one of our final Centenary functions for 2017 we invited all our past Kathleen Mandeno Scholarship winners back to EGGS on 4 December for a cocktail function and to meet with their benefactor Jill Mandeno. We had a great turnout with many of those who couldn't make it sending us an update on where their degrees have led them to today. This was a fascinating snapshot of 24 years of EGGS students who are all connected by having been awarded the same scholarship to study mathematics or science based degrees over the past 24 years. It was special to have the first winner from 1993 Carla Blieriot (Harris) and this year's 2017 winner Katie Beyer in attendance. Pictured are the scholarship winners who attended with Miss Mandeno.

CENTENNIAL GRADUATION DINNER *(Photos on Page 16)*

Our Centenary year graduates were farewelled by the School and Old Girls Association at a wonderful dinner at Ellerslie Event Centre on 29 November. Congratulations to our 4 Centennial Graduation Scholarship winners Abigail Lyons, Kiana Sword-Tua, Natalya Mandich-Dohnt and Jeannie Jefferson, our Tongan Centennial Scholarship for Year 13 Excellence winner Mele Finau, and to all our Year 13 students for their achievements throughout their time at EGGS. Speakers included Head Prefect Stella Inkpen, alumna Alisi Tatafu who presented the Tongan alumnae Centennial Scholarship and alumna Arizona Leger who was Head Prefect when these Year 13 students started at EGGS in Year 9 and were identified as the special group of girls who would be our Year 13 students in the Centenary year.

SUCCESSFUL BONE HEALTH LECTURE

We had a great turnout for our Bone Health lecture on 27 November. Thanks to Christine Gill of **Osteoporosis NZ** and our alumnae lecturers who are both osteoporosis experts, Professor Jill Cornish and Dr Susannah O'Sullivan for partnering with the OGA to bring this important message about bone health to our alumnae and community. You can find out more by reading the article on Bone Health in this newsletter ([page 14](#)) or going to the Osteoporosis website www.osteoporosis.org.nz



FROM THE CO-PRESIDENTS OF THE OGA



The OGA Committee held a workshop on Saturday 4th November to gain clarity around our Vision, Purpose and Strategies/Action Plan moving forward. We have some more work to do to complete our framework but great progress was made on the day. There are many skills and much diversity within the group and it was wonderful to have the opportunity to spend time together to consider our passions, the work we do and how we can best operate into the future. We'd love to have more Old Girls join the Committee – do get in touch if you're interested. We can guarantee camaraderie and a strong sense of purpose.

We have prepared a Survey which has been sent out to all alumnae; the feedback will help us build a better picture of our alumnae and what we might offer as we move towards the OGA's Centenary in 2021. Planning for this will soon be under way and we hope that alumnae far and wide will join us for the celebrations.

We were both privileged to present Awards at Senior Prizegiving and were quite blown away by the incredible achievements that were recognised on the night. The OGA was also pleased to contribute towards the ten special Centenary Scholarships awarded to five students and five staff, also funded by the Chenery Memorial Trust and student and parent donations.

We attended Prizegiving at Pukekohe Intermediate School on 14th December to present the OGA Epsom House Scholarship to our 2018 recipients, twins Anna and Kate Leader. This is the first time the scholarship has been awarded jointly and we are thrilled to assist the Leader girls, whose grandmother attended EGGs. Our thanks go to Compass Group who sponsor this scholarship of \$2,500.

The OGA continues to initiate and build relationships throughout the community and, in this vein, we are exploring future collaboration with supporters and sponsors, including Craigs Investment Partners and Aria Park Retirement Village. This is exciting as we move into the future. If you're interested in partnering with us, either as an individual or business, do get in touch; we'd love to explore what's possible.

Graduation Dinner on the 29th November was a highlight in the OGA calendar; we always look forward to this memorable evening for Year 13 leavers and their families, bringing a significant year to a close. Thanks to committee member Donna Corse-Scott and the Year 13 Deans, Wendy Bunting and Claire McConachie, for organising this important event.

We all have lifelong connections to EGGs and, in the spirit of bonding and relationships, we wish everyone well as we count down to year end and the festive season looms.

Per Angusta Ad Augusta

Lynley Sheweiry and Sally Blyth - Co-Presidents 2016/17

FROM THE PRINCIPAL



During the Term 3 holidays I attended two reunions of alumnae in Sydney and also the Bay of Plenty/ Tauranga Branch annual luncheon at the Mt Maunganui Golf course. It is wonderful to catch up with our alumnae in different places and hear their stories of their time at EGGs. Almost always these stories involve an inspirational teacher.

At this time of year there are a number of celebrations; in the last week of Term 3 the Arts and Cultural Awards; and in the first weeks of Term 4 the Community Awards and Learning Awards in week one, the Sports Awards Dinner in week two and Senior Prizegiving in week 3. At each of these events what is obvious to all is the talent, skill, growth, achievement, leadership and commitment shown by students in these four large areas of the co-curricular programme here at Epsom. At Senior Prizegiving we also celebrated academic success. In this Centenary year we have had some wonderful new scholarships to present. Epsom Girls Grammar School Centenary Scholarships for five staff and five students were made possible through a joint funding initiative by the Old Girls Association, with the support of the Chenery Memorial Trust, student, and parent donations. The Past Principals Miss Gae Griffiths, Mrs Verna Dowdle, Mrs Margaret Bendall and Mrs Madeline Gunn also donated the Centennial Scholarship for Tertiary Study and the RSA awarded the Auckland RSA Joyce Tyler Memorial Scholarship named after

an Old Girl Joyce Tyler who attended EGGs 1926-1928 and was a nursing Sister who enlisted in 1940 and was made an Associate of the Royal Red Cross on 14th October 1943.

All of these above events celebrate learning and the progress to new levels of learning that is the Epsom secondary school experience – learning that happens in and out of the classroom. I hope that the Year 13 students, soon to be our new alumnae, feel that they have grown in their time here and that they are well-equipped for their next steps, beyond secondary education. Looking at the many individuals who have seized opportunities for learning in a wide range of contexts and all those who have also contributed so much to the School, I am impressed by our Year 13 leavers and feel that New Zealand and the world is lucky in its next generation.

As the end of the year gets closer it is time to welcome students who will start at Epsom Girls Grammar School next year – more than 400 Year 9 students, as well as a small number at other year levels; daughters, grand-daughters and great-grand-daughters of alumnae among them. It is always wonderful to see the strong family connections that exist with the School, and next year's new students will be the first for the School's second century.

Thank-you to all who have made this Centenary year so special. It has been very significant for the current students as well as for the large numbers of alumnae who joined in the celebrations. Now we are looking forward to another high point with the Centenary of the Old Girls' Association in 2021. I know that planning is underway and I warmly recommend getting involved with the Association as it nears its own 100 year milestone.

Per Angusta Ad Augusta

Lorraine Pound, Principal

EGGS OGA HOSTEL SCHOLARSHIP WINNERS

The OGA is pleased to announce the joint recipients of the OGA's Epsom House Scholarship for 2018 – twin sisters **Anna Leader and Kate Leader** from Pukekohe. This is the first time the scholarship has been awarded jointly and we are thrilled to assist the Leader girls, whose grandmother attended EGGS. Our thanks go to Compass Group who sponsor this scholarship worth \$2,500.

EPSOM HOUSE SPONSORS

Please support our Key Epsom House Scholarship Sponsor and Partner **Compass Group** when considering services and catering that you need to purchase.



COMPASS
GROUP



Anna & Kate Leader

SOME STORIES OF SERVICE FROM OUR EGGS VOLUNTEERS

Judith Pellow (nee Jebson) (EGGS 1947 – 1951) Chair of Positive Aging Expo – Judith epitomises the EGGS value of service, learned at school, and displayed by so many of our alumnae throughout their lives. When speaking to Judith at the recent Franklin Branch morning tea she told us about the “Positive Aging Expo” coming up in Pukekohe. Judith has been on the organising committee since the Expo first started 12 years ago and is in her fifth year of Chairing the Committee. The Expo, held in the Indian Hall in Ward Street, Pukekohe, in October, showcased and demonstrated the health and social services available locally.



Judith has twice been nominated in the Franklin County News “Franklin’s Finest” awards and she won it three years ago. There are eight categories and Judith was awarded the Inspiration Award, and then the Supreme Award.

Trained as a nurse, Judith’s volunteering started soon after leaving school. She had been a member of the school lifesaving team, and the Games mistress, Miss Mitchell, invited her to join the Auckland branch of the Royal Life Saving Society, which she did, becoming an examiner and also Secretary for a few years.

Judith has also volunteered as a counsellor for, and been Chair of, Lifeline Franklin; been a Victim Support Counsellor; and been involved in the Girl Guides movement including as a “Lone Guide” advisor for girls in rural areas. She was also a member of the local Rapid Response team. Judith has had a lifetime involvement in Rural Women, and been the Franklin Representative for the Region from Pukekohe to the Far North. She has been a President of Franklin Provincial Rural Women, and was awarded the National Service Award.

Judith was Administrator for her local church for 11 years and Secretary for the Franklin Community Care Committee for over 20 years. She belongs to the National Council of Women and was Minute secretary for the Franklin Papakura Branch of National Council of Women for a few years.

Judith is currently Chairperson of the Franklin Integration Reference group which was developed in response to a survey done by the Counties Manukau Health Board. The Franklin Positive Ageing Expo, is one of the outcomes. She is the Senior Citizens’ representative on the Franklin Health Forum. She was also Chair of the Franklin Seniors Forum, Secretary of the Calf Club and on School PTAs and the Swimming Club committee.

In 2015 the Waikato District Council presented Judith with the Mayor’s Community Service Award. Judith says that she feels she has been very fortunate, and she has enjoyed all her activities in the community, and met some wonderful people. Judith is an Old Girl well deserving of the local recognition she has earned.

Shahed Abu jwaied (EGGS 2011 – 2014) - New Zealand Women of Influence Awards – Shahed was a finalist for the New Zealand Women of Influence Awards Youth Category for 2017. She has an outstanding list of achievements that are incredible for a 19 year old. She founded, established, and currently runs various support groups and initiatives to help her local community members and NZ citizens. To name a few of her many roles, she is the Co-founder and President of Almanar Trust's Female Youth Association (ATFYC), the Regional Representative of the Islamic Women’s Council NZ (IWCNZ), founder of the Arabian Women’s NZ support group and the Jordanian/Palestinian cultural group, and is working on developing a national youth council in New Zealand.

Before this, while still in high school at Epsom Girls Grammar School, she left her mark with various contributions such as being on the School community Committee, being the founder and leader of the Middle Eastern Group and the Muslim Group, being the Sustainability Captain, and participating in the Humanitarian Group.

Being from an ethnic and religious minority, Shahed quickly realised the loss of identity girls like her face on a daily basis. Instead of looking the other way, Shahed decided to do something about it, establishing the support groups which would not only bring these girls together, but provide a safe and productive environment where they can love, learn and integrate into society confidently.

Shahed is studying social anthropology and has a vested interest in support work, community work, psychology, development, youth and education. Her goal is to become an effective support and community worker where she can make a positive change for people and their communities.

She became a member of the Association of Social Anthropologists of Aotearoa/New Zealand ("ASAANZ") and started working as a support worker for the Fatima Foundation in 2016, again touching the lives of various clients in her community.

Fiona Wu – (EGGS 2011 – 2015) - Miss Auckland 2017 Contest – Fiona has an inspiring message about why she entered the Miss Auckland 2017 contest - "I entered Miss Auckland because I wanted a platform to share my story and advocate for positive body image and mental health. I also wanted to demonstrate that by cultivating positivity, we can again discover all that's beautiful, good and true. Fiona had the privilege of competing in the Lions Young Speechmaker's Competition. The story she told speaks to the heart of why she entered Miss Auckland.



Exactly two years ago, I was in the midst of the worst stages of my eating disorder. After failing to attain an achievement that meant too much to me, I dug my own rabbit hole, fell headlong into it, and refused to open my eyes. My days descended into a pitiful routine of weighing out special K, counting calories, exercising for hours and recording body measurements in a notebook.

For months, I would lie in bed at night for hours, ruminating over every flaw and mistake that I didn't know how to forgive. While I brushed off concerns from family and friends, my body screamed out what I was too proud to say: that I wanted to be looked after.

For too long, I thought that my ability to lose weight was the only thing I deserved to be proud of, with everything else I deserved to be proud of taken away from me. Getting through every day was a physical and mental struggle. I didn't feel confident, or wanting to be social, or even alive. I certainly didn't feel beautiful.

Eating disorders are never satisfied to claim only the health of their victims; they destroy all that's beautiful, good and true and fill, in its place, shame and guilt for crimes you never committed but which nevertheless fill you with dread.

Sometime late in Year 13, I took up one job that may well have saved me: being paired as a tutor for junior students with learning disabilities, and then, as a senior NCEA mentor. It was valuable sharing academic knowledge, but what was more precious was the sharing of life experience and wisdom, as I tried to help others achieve what I could not.

I remember, distinctly, that for the first time in too long, I had another place to direct my energy. I had done something meaningful, and realised that I didn't have to be proud of being 'Sick' anymore, that I was worth more than the sorry identity of sick.

That experience did not cumulate in a Eureka moment. What it did give me was a glimmer of hope at the end of the tunnel, and at that time, it was really all I needed. What I had was a gradual unravelling of twisted thoughts which all came down to one thing: how wasted these hours spent in self-punishment were.

Two years ago, I could never even have imagined being able to go to a movie theatre and share popcorn with a friend, or a nightcap with my mum. Eating a Kit Kat while walking down the street would have filled me with terror. Now I'm doing all this, and more.

But it's not only about the food. It never was. In two years, I've never felt more at ease with myself, or excited about the future. I know that life doesn't have to be disappointment-free for me to be happy.

I entered Miss Auckland because I wanted a platform to share my story and advocate for positive body image and mental health. I also wanted to demonstrate that by cultivating positivity, we can again discover all that's beautiful, good and true.

I want everyone who suffers from an eating disorder to know that they don't have to live this way. We all know that you are strong enough to starve yourself. The challenge is not to prove it, but use it as a force for good - for yourself, your school and your community. Channel it not into self-flagellation, punishment or guilt. Know that you alone are enough.

You don't have to survive. You can learn to live again.

NEWS FROM THE EGGS FOUNDATION

The EGGS Foundation is raising funds and here's how you can help

Our challenge is to build a “vibrant, well connected, physical environment that encourages and supports many different types of learning.”

In 2018, the School will be embarking upon an exciting project, the upgrading of the L Block into a flexible learning environment.

The Government only funds the redevelopment of classroom space. However, we want to extend the flexible learning environment to an outdoor space too; a multi-purpose decking area with shelter, and here's where you can help.

With your generous support, we need to raise **\$150,000** so that we can provide our students with an outdoor breakout learning space, an area that gives much needed shade in the summer and shelter from the rain during lunch time and interval. Please help us build a good quality outdoor space to better student achievement.

“The outdoor breakout learning space will be the perfect place for EGGS students to study and relax. The space will encourage creative and critical thinking, it will optimise learning.” Lorraine Pound, EGGS Principal.

Ministry of Education Facts:

- Flexible learning areas helps teachers equip our students with the skills and knowledge they need.
- The evidence shows that the physical design of a space can support innovative learning.
- Breakout areas support different modes of learning such as independent and collaborative learning.

Make a donation today, support innovative learning



To make a contribution for any amount you choose, small or large, please complete a [donation form](#).

All donations make a wonderful difference to EGGS and will be recognised.

Thank you for your generous support.

ABOUT THE EGGS FOUNDATION

The Epsom Girls Grammar School Foundation (“the Foundation”) was established in 1999 to foster the EGGS community both past and present, with a particular focus on investing in the ongoing success of EGGS and its students. The Foundation is a registered Charitable Trust and its trustees work with the OGA to build a strong and supportive alumnae network. Your relationship with the School is very important to us.

The Foundation supports the fundraising projects of the School, as well as managing and administering the funds raised and endowments gifted to the School. We also assist students, staff, sports and cultural groups through the Heritage Fund and annual endowment awards.

The Foundation recognises that the huge goodwill of Epsom Girls Grammar's former students, parents and wider community has supported many fundraising campaigns over the years for which we're enormously grateful. We welcome and encourage the EGGS community to continue to get involved in our fundraising activities.

If you're interested in finding out about our projects and would like to support the school through the EGGS Foundation, please contact the Foundation Office by email foundation@eggs.school.nz or by phone 09 970 6753.

We are also really keen to find out from you what sort of involvement you would like to have with the School - for example, you might like to join the group of alumnae role models who give their time to come in and speak with current students about their career paths and interests? If you have ideas on what you would like from your relationship with EGGS, please get in touch with us or the OGA directly

The Foundation Office:

www.eggs.school.nz/foundation/foundation.aspx

Old Girls Association: Email oga@eggs.school.nz

My Legacy giving to EGGS

Should you wish to provide philanthropic support without affecting your lifestyle, then including Epsom Girls Grammar School in your Will is an option for your consideration.

Making a gift in your Will (often referred to as a bequest or a legacy) is a unique way of reflecting your own interests, passion and vision for the future success of Epsom Girls Grammar School in areas of education, sports facilities and resources, teaching or community benefit. Whether you wish your gift to be made in memory of someone close to you, to carry on your own name in perpetuity or to be given anonymously, it is a gift with value and that will make an on-going difference to thousands of young women every year.

If you are interested in creating a legacy for learning and leading young women, you can speak in confidence with the Foundation Office by phone on 09 970 6753 or by email to foundation@eggs.school.nz

For more information, please read our [My Legacy](#) booklet.

Najira Khanam

Communications, Marketing and Development Manager – Foundation Office

REUNIONS AND LATEST NEWS



Franklin Branch Annual Morning Tea - The Franklin ladies enjoyed a catch-up over morning tea at the Pukeko's Nest Café in Pukekohe in July. Many of the ladies had also attended the recent Franklin Branch Centenary dinner on 26th June. Norma Walker was the lucky winner of our Centenary cake tin spot prize.



Sydney reunion - Cindy Burgess 2012 - 2016 has sent us an update on what's been going on in Sydney! The recent alumnae had an EGGs Old Girls meet up with former students who are now studying at universities across Sydney.

Bay of Plenty Branch Luncheon About 30 EGGs alumnae from Tauranga and the wider Bay of Plenty area gathered at Mt Maunganui Golf Course on 10th October for their annual luncheon organised by Anne Powell and her team of helpers. Principal Lorraine Pound, EGGs Centennial History book author Pauline Farra and Centenary Chairperson Julie Goodyer also came down from Auckland. During lunch there was an



Sydney Reunion to Toast the EGGs Centenary - EGGs alumnae and friends met with Principal Mrs Lorraine Pound to toast the EGGs Centenary at Sir Stamford Bar near Circular Quay on 2nd October. It was a public holiday in Sydney and a very relaxing and fun gathering was enjoyed by all. From the left - Jenny, Valerie, Ian, Judith, Jean, Janice, Lorraine, Rosalind, Michele S and Georgia.



Reunion of recent alumnae in Sydney - Our recent EGGs alumnae (those still at University) met the EGGs Principal in Sydney on 1st October to toast the Centenary. Pictured are Chloe Leung, Cindy Burgess, Lorraine Pound, Alice Yang and May Gao at The Potting Shed in Sydney, wishing Epsom a very happy 100th birthday. Also attending was Samantha Ryu who had to leave before the photo.

opportunity to share a story from their time at EGGs. Some stories can't be shared but Mrs Pound suggested she might be handing out a few detentions after lunch. She then spoke about the Centennial celebrations held in Auckland. Pauline spoke about the process she went through in writing the history book.



HOW DO YOU RECEIVE YOUR NEWSLETTER?

If you receive this newsletter by post, then we don't have your email address to update you on the EGGs Centenary. Please email us at oga@eggs.school.nz and we'll make sure you're fully informed.



Sarah Sophia Stothard Headstone

Project - A moving ceremony was held at Purewa Cemetery in October to unveil a headstone for the previously unmarked grave of Sophia Stothard. Miss Stothard was the first Principal of the Auckland Girls Training School the forerunner to Auckland Girls and Epsom Girls Grammar Schools. The ceremony was attended by representatives of both AGGS and EGGS as well as other members of the dedicated committee who fundraised for the headstone.

Franklin Branch Christmas Dinner Was held at Lonestar Restaurant in Pukekohe on Tuesday 14 November 2017 and was another great gathering for the Franklin Branch with 17 Old Girls attending and everyone enjoying the evening and reminiscing about school days.

NZ now has a female Prime Minister, Chief Justice, Governor General and Chief District Court Judge. The latter position has been held by EGGS alumna Her Honour Judge Jan-Mare Doogue (1971 – 1975) since 2011. Equal Employment Opportunities commissioner Jackie Blue says "it's fantastic that we have women in these positions but we do not want to become complacent."



NEWS OF OLD GIRLS

Chlöe Swarbrick 2008 - 2011 Has been elected to Parliament on the Green Party List and is the youngest Member of Parliament in 42 years. As she says "it's supposed to be a House of Representatives."

Amanda Lyne 1987 - 1989 Has written her debut novel "A Better Ending". Amanda worked for 14 years in Alumni Relations at the University of Auckland before leaving two and a half years ago to follow a dream. She now lives and writes in Mangawhai.

Jude Dobson 1980 - 1983 Made a personal odyssey in September to retrace the steps of her grandfather's unusual route to the Western Front. Her visit coincided with the centenary of the bloodiest day in New Zealand military history at Passchendaele.

Charlotte Spence 2011 - 2015 Was selected for the NZ Women's Elite Four to race at the World Rowing Championships in Florida

Rena Maihi 1996 - 2000 Was co-director of Waru and director of Mannahatta which both played in the New Zealand international film Festival in July. She said "The film I would most like to see at the festival this year is "My Year with Helen". Helen Clark is an Old Girl of Epsom Girls, which is where I spent all my secondary school years. I remember the day she made a school visit and I rushed out of my drama class to shake her hand as she was walking past. I admire her for what she has achieved in the world, a girl from a modest background."

Rt Hon Helen Clark 1963 - 1967 was presented with a special Lifetime Achievement Award for her outstanding work over several decades as New Zealand's Prime minister and as UNDP Administrator at the September Westpac Women of Influence Awards for 2017. Helen Clark was also recently announced as the Patron of "Refugees as Survivors - New Zealand".

Dr Hinemoa Elder 1979 - 1982 One of our 2001 EGGS Founders Award Recipients, Dr Elder won the "Innovation and Science" Division of the 2017 Women of Influence Awards held at Sky City Convention Centre in September. Dr Elder leads Maori strategy at the Centre of Research Excellence for the Ageing Brain.

Tianyi Lu 2003 - 2007 Has been announced as one of the three conductors who will participate in the 2017/18 Dudamel Fellowship Program to provide a unique opportunity for promising young conductors from around the world to develop their craft through participation in the LA Philharmonic's orchestral, education and community programs.



Chloe Swarbrick



Jude Dobson



Helen Clark



Hinemoa Elder

Dame Judith Potter 1956 - 1959 Was interviewed by Wallace Chapman on National Radio in September as part of the series "Influential Kiwis talk about their Influences". Dame Judith became the first woman president of a District Law Society - Auckland - in 1988 and the first woman President of the New Zealand Law Society in 1991. She was appointed to the High Court bench in 1997 and served in the judiciary for 15 years.



Dame Judith Potter

Shahad Abu Jwaied 2010 - 2014 Was a finalist in the 2017 Women of Influence Awards Young Leader category for her roles as Founder and President ATFYC and Regional Representative IWCNZ.

Nadine Levitt This past performance student and incredibly generous alumna has set up a new EGGS music scholarship of \$5000 per annum, for a current year 13 performer wanting to pursue a career in music.

Nicole Roberton 1988 - 1989 Was appointed late last year as New Zealand's Permanent Representative to the United Nations Office in Vienna and Ambassador to Austria. She is also Ambassador to Hungary, Slovakia and Slovenia.



Tessa Berger

Tessa Berger 2008 - 2012 A Rodney Local Board member has won her third major football title! She celebrated back-to-back wins in the ASB Women's Knockout Cup earlier this year.

Anna Cusack 2008 - 2012 Is the elected President of the Auckland University Students' Association for 2018.

Josephine McMurray nee Begley 1971 - 1975 Is a Laurier researcher in Canada working to support technological innovation in the health and ageing sector. "A "grey wave" is advancing on Canada. As the population ages, there are enormous challenges associated with helping older adults maintain their independence and quality of life.



Jo McMurray

Shona Martyn 1970 - 1974 An award winning journalist, editor and book publisher returns to Fairfax Media and to journalism following a successful career at HarperCollins Publishers as publishing director for more than 17 years.

Sheryl, Lady Wells 1957 - 1960 Presented ribbons to EGGS three NZSS Netball team members Greer Sinclair, Bianca Nagaiya and Tamara Leoni, who were selected to travel to Australia in September to attend the 17 and under training camp and EGGS two World Youth Cup Cook Island U21 team members Nina Tai Roberts and Celeste Patutama.

Underwater Hockey Three EGGS alumnae competed at the U19 and U23 CMAS Underwater Hockey World Championships in Hobart, Australia in the last term holidays. Talia Vince 2013 - 2016 was in the U19 category which won GOLD. Talia is co-coach of our Junior A team. Rebecca Gatland 2010 - 2014 and Zoe Jarvis 2011 - 2015 were in the U23 category who also came away with GOLD!



Lee Anne Clarke Auckland Life Member, our Epsom Girls and Sheryl Lady Wells during the presentation

Katherine (Kathy) McRae 1975 - 1979 Is an actor and director who has appeared on Shortland Street in two separate roles. Now based in Wellington, Katherine has this year been involved in a Circa Theatre production called A Doll's House and recently played the role of Helen Milner in Sunday Theatre's Catching the Black Widow, a compelling real-life drama.

Dame Robin White 1960 - 1964 One of our past EGGS Founders Award recipients is the winner of the 2017 NZ Art Awards Laureate title which comes with a \$50,000 prize.

Cindy Burgess 2012 - 2016 2016 Deputy Head Prefect who has her start-up business "Student Feeds" in the running to win the Australasian Start-up Awards category for Best Student Run Start-up.



Kathy McRae

Dr Lucy Cranwell deceased (1907 - 2000) An EGGS Old Girl and botanist has had the New Zealand Association of Scientists "Science Communicator of the Year" Medal renamed after her this year. She is only the second woman to have a medal named after her by the Association. It was renamed this year in honour of botanist Dr Cranwell who during a long career spanning much of the 20th century developed a reputation as an engaging science communicator. Dr Cranwell assumed the role of botanist at Auckland Museum in 1929 as curators prepared to move into its current location above Auckland Domain. She was just 21 and held the position for 14 years, during which time she came up with innovative ways to engage visitors with the museum's exhibits, led field trips for children around Auckland and found time to collect specimens for the Cheeseman herbarium and write for the *Auckland Star*. She did extensive fieldwork all over New Zealand before using her knowledge of plants to author a guide to surviving in the Pacific for downed allied pilots during World War II. She later moved to the US becoming an internationally recognised researcher first at Harvard University, then the University of Arizona.

NEWS OF CURRENT SCHOOL AND STUDENTS

Rachel Ji, Year 13 - Recently travelled to Silicon Valley as part of The Lion Foundation Young Enterprise Scheme Entrepreneurs in Action programme. At the recent regional awards she won the 'One To Watch' and the EY Entrepreneur of the Year awards for Auckland Central.



Emma Jensen - EGGS Staff and a member of the Black Fern Women's Rugby team was the sole New Zealand player among a range of seven countries represented in the first women's Barbarian squad. She also reached a significant milestone as an Auckland Storm halfback when she became the first player to make 100 appearances in the Farah Palmer Cup women's national provincial tournament.

Eloise Blackwell - EGGS Staff - Congratulation to the Black Ferns - Women's Rugby World Cup Champions 2017 and EGGS staff member Miss Blackwell who was in the team for this magnificent achievement for New Zealand women's sport. Aleisha Nelson – 2003 – 2006 was also selected for Black Ferns World Cup Team.

Tessa Ewens Year 12 - Was part of the EGGS Weightlifting team that competed at the NZSS competition in September and she won the u58kg weight class with a 100kg total and was also the overall National champion in her class.

Makare Tavanavanua Year 12 - Came 2nd in the 75+kg weight class with a 145kg total. Makare has also been named in the New Zealand Youth Female Team for the 2017 Commonwealth & Oceania Championships.

Zoe McCracken Year 12 - Was highly commended in the 2017 Bright Awards ANIMATION CATEGORY for her entry "Humdrum!?"

Curling Final runners up - The EGGS team coached by staff member and EGGS Centennial History Book author Pauline Farra (who is a National Curling representative herself) were runners up in the nail biting final of the National schools curling championships in Auckland.

Sue Yeon Cho Year 12 - Won first place in the painting section of this year's James Wallace Student Awards. Toshi Frederiksen Year 13 and Sarah-Louise Williams Year 13 also had their work chosen to be in the exhibition!

Shoal Makatana Year 12

Was the Overall Winner at the Eden Young Artist awards with her photograph 'Trampoline'. Her work was also purchased by Sir James Wallace and is now part of the Collection.



Lacrosse success - This season EGGS won their maiden NZSS title at Whangaparaoa. In fact EGGS were unbeaten all year.

Football - EGGS won the Football Girls APC Junior A competition for 2017. The winner of the MVP award was Stella Lawson Year 9.



Eloise Blackwell with Principal Lorraine Pound and BoT Chair Chris Iles

KBB Music Festival - EGGS had great results here with Intermediate Concert Band – Commended; Stage Band – Bronze; Concert Band – Bronze; Chamber Orchestra – Silver; and Symphonia – Silver.

Esther Wu Year 13 Was named as outstanding soloist at the KBB Music festival.

Grace Jung Year 9 Won the Waikato U16 age group golf championship last school holidays.



Losana Tupou



Vineta Teutau

The EGGS Tongan Alumnae Centennial Scholarship for Arts and Culture was won by Losana Tupou Year 13

The EGGS Tongan Alumnae Centennial Scholarship for Sport was won by Vineta Teutau Year 11 for excellence in rugby.

EGGS Tongan Alumnae Centennial Scholarships for Year 9 Excellence was won by Meleana Payn and **Year 10 Excellence** was won by Amira Nu'u'ali'ita and presented at Junior prize giving and an **EGGS Tongan Alumnae Centennial Scholarship for Year 13 Excellence** was awarded to Mele Finau at Graduation Dinner.

The Old Girls Association Cup for Best All-round Sportswoman for 2017 was awarded to **Emma Olsen Year 12** for her achievement in the sports of Lacrosse, Artistic Gym, Cycling, Trampolining, Cross Country, Dragon Boating, and Football.

Portrait of an "EGGS Girl" - The Art Department have raised funds over the last seven years to purchase a contemporary artwork for the School. They commissioned NZ artist **Sam Mitchell** to paint a portrait of an "EGGS Girl" for the School's contemporary art collection. **Isabella Rakete Year 13** was chosen



Portrait of an "EGGS Girl"
by artist Sam Mitchell



Nicola Rennie Award being presented



Linda McNeill (centre) at the AGM

as the model for this work. The painting was formally presented to the School on 7th August.

Nicola Rennie Award - This year Arts and Culture established the Nicola Rennie Award for Excellence in Dance to recognise the work of staff member and EGGS alumna Nicola Rennie who completed her tenth year as Teacher in Charge of Stage Challenge this year. The first recipients of the award are Year 13 students Lucy Marsden Year 12 and Amy Cherguit Year 12.

Linda McNeill - Has been PA to the Principal and Secretary to the Board of Trustees for over 30 years and retires at the end of the year. Linda was made an honorary member of the Old Girls Association this year. We wish her well in her retirement.

UPCOMING EVENTS AND REUNIONS

Annual Morning Tea - Save the date for our annual morning tea on Wednesday 11th April 2018 at 10 am in the dining room at Epsom House, Owens Road, Epsom.

60 and 70 Years on Reunions - A reunion luncheon will be held for all those who started in the 3rd form in 1947 and 1948 and in 1957 and 1958 to celebrate 71/70 years and 61/60 years since starting at school. This will be held on 11th April 2018 after the annual morning tea and you will be sent a separate invitation.

EGGSOGA 97th Annual General Meeting - Monday 11th June 2018 at 7 pm in the Boardroom of the Administration Building, Epsom Girls Grammar School, Silver Road, Epsom.

BE A SILVER ROAD CLUB DONOR



Silver Road Club Donors support us with a monthly automatic payment to help cover our costs. \$10 a month is less than the cost of a cup of coffee a week. We would love your support. We are a registered charity and will send you a donation receipt at the end of the year. All donors of \$120 or more in 2017 will receive our Centennial Silver Road Club Badge (while stocks last).

If you can help us, our Bank Account number is: **EGGS OGA BNZ Newmarket Account 02 0192 0137887 000**. You can set up an automatic payment online or at your bank. Just put your surname **and initial and Silver Rd** in the reference. Send us an email with your address and we will send your receipt.

CENTENNIAL SCHOLARSHIPS

The OGA Committee was pleased to be able to join with the School and the Chenery Memorial Trust to make 10 one off Centennial Scholarships of up to \$1,400 each available to five staff and five students at the end-of-year School prizegivings in October and December. The winners of the staff scholarships were: Mr Jonathan Cameron, Ms Rachel Heeney, Miss Najira Khanam, Ms Kate Slattery and Mr Tim Williams.

The Student winners were: Jamie Kaisser Year 9, Korenza Heath Year 10, Angeline Xiao Year 11, Ellie Eastwood Year 12 and Jacqueline Yu Year 13.

OBITUARIES – You can read more obituaries on the OGA tab of the School website.

Alma Gloria Schischka nee Sellwood - Died 5th July 2017 in her 93rd year. Alma attended EGGS from 1937 - 1940 and attended the Centenary celebrations in her wheelchair along with her daughter Mary Mountjoy nee Schischka. Alma thoroughly enjoyed the celebrations and had been looking forward to them for ages before that weekend. Alma and her family lived in the Schischka homestead which was next to Wenderholm at Waiwera.

Lucy (Tui) Aitken nee Flower (QSM) - Died on 15th August 2017 aged 92. Tui attended EGGS from 1940 to 1943. A long-time food editor of the NZ Woman's Weekly, Tui was known for sharing her passion for cooking and giving common sense advice. The Herald's obituary described Tui as a "multi-talented woman of substance and character". She worked for the Woman's Weekly between 1965 until her retirement in 1984.

Moana Nui-a-Kiwa Hinemoa Whaanga (nee Manley) - Died at Auckland on 15th November 2017, aged 82 years. Moana attended EGGS 1949 – 1952. She was the first Māori woman to be crowned Miss New Zealand and the first Kiwi to compete at Miss Universe. She moved from Rotorua to Auckland as a child and was a champion swimmer who was selected for the Commonwealth Games. She entered the 1954 Miss New Zealand pageant to help raise money for her swimming club and was surprised when she was crowned the winner.

Kevin Pound - the husband of EGGS Principal Lorraine Pound died on 16th November 2017.

IT'S NOT TOO LATE TO NOMINATE AN OLD GIRL FOR OUR EGGS SPORTS HALL OF FAME

Epsom Sport is on the hunt for EGGS students (current or Old Girls) who have represented New Zealand or another country in their chosen sports! Their project is to create an EGGS Sports Hall of Fame so if you know of anyone who might be eligible please complete the form below and post it to:

Epsom Sport, c/- Epsom Girls Grammar School, 14 Silver Road, Epsom 1023.

If you have any photos of an athlete that could be used in their Sports Hall of Fame please send these in as well or email them to sport@eggs.school.nz

We need the details below:

Your name

Your email address

Full name of nominated Sport Representative – this can be you

.....
.....

Sport

Country represented

Level and Year of competition e.g. Olympics, Commonwealth Games, World Champs, Age group Champs

.....

Any Podium placing or Award received

Year(s) of attendance at EGGS

Contact details of athlete (if known)

KNOW YOUR BONE HEALTH – INFORMATION FROM OSTEOPOROSIS NZ

Our skeleton isn't something we tend to think about and most of us take it for granted. However, if you want to remain independent and live a full and active life well into old age then one thing you need to consider is your bone health.

Many of us are not aware that the average human skeleton is replaced every eight to ten years no matter if we are two or ninety-two. Your skeleton is constantly being remodelled by cells that remove bone (osteoclasts) and cells that build bone (osteoblasts). As we age, the protective effect of our hormones reduces, and our skeleton rebuilds at a lesser rate than it is removed. That is why our skeleton can become weak, fragile and in danger of breaking easily. This condition is called osteoporosis.

There is an unnecessarily high incidence of osteoporosis. At least one in three women and one in five men will suffer a fracture due to osteoporosis. This is due, in part, to a lack of awareness and insufficient understanding of the lifestyle steps we can all take to build and maintain healthy, strong bones.

It is important to know that 60-80 percent of the potential size and strength of our skeleton comes from our family. We encourage all Epsom Girls Grammar alumnae to 'Know your Bones'. Start by talking to your family to see if anyone has a history of fractures or osteoporosis.

At each stage of life there are important bone health elements to consider:

0 – 30

For people under 30 years of age, you should be asking "How can I build my skeleton to be as big and strong as possible?" The maximum size and strength of your skeleton (peak bone mass) is reached at approximately age 20 – 25 years. It is important to have good lifestyle habits. For every 10 per cent of peak bone mass not achieved osteoporosis will occur ~13 years earlier.

30 – 50

People aged between ~30 and ~50 need to maintain healthy bones and avoid premature bone loss. It is recommended that you be proactive about understanding your own personal risk factors, have good nutrition to maintain a healthy weight, do regular weight bearing muscle strengthening exercise and avoid negative lifestyle factors such as smoking.

50 – 75

You need to continue the proactive approach you adopted in your 30s and 40s. If you have already broken a bone as a result of a minor fall or bump, then you need to talk to your doctor about a bone health assessment. It is important to prevent the next fracture - 80 per cent of refractures will occur within the year after the initial fracture.

75+

This is the time for sustaining mobility and independence. Preventing muscle wasting is important as it lowers the risk of falls and the resulting injuries including fragility fractures. It is essential that osteoporosis is diagnosed and treated to prevent you becoming one of the ~ 4000 people in New Zealand each year who suffer a hip fracture. Hip fractures can cause premature death or loss of function and independence.

What can you do?

- Build the strongest skeleton you can when you are young.
- Maintain a healthy body weight through good nutrition.
- Do regular weight bearing exercise.
- Avoid negative lifestyle factors such as smoking.
- Know your own risk factors for osteoporosis.
- Have a timely assessment of bone health if you have risk factors for osteoporosis or have broken a bone as a result of a minor fall or bump.
- Prevent falls by removing fall risks in your home and keeping your strength and balance.
- Love your bones, protect your future.

Still not sure about your bone health? Find out more at: www.osteoporosis.org.nz



OGA Committee at the Strategic Planning Meeting

2017 Graduation Dinner





Save the Date

Annual Morning Tea	11 April 2018 10 am
70 and 60 years on Reunion	11 April 2018 1 pm
EGGSOGA 97th Annual General Meeting	11 June 2018 – 7 pm

Please return to sender if not known at this address or Phone 09 970 6753



Epsom Girls Grammar School
Old Girls Association (Inc.) - Newsletter
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