



Epsom Girls Grammar School Old Girls Association (Inc)



Newsletter

September 2020

INSIDE THIS ISSUE

Focus on Old Girls	2-5
School News	5-8
Recognising Alumnae	9
Reflecting	11
Remembering Alumnae .	12-14
Save the Date	15

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EGGS Saturday Netball

**BARFOOT
THOMPSON &**



School cake decorating
competition

FROM THE CO PRESIDENTS OF THE OGA

We hope you have managed through the resurgence lockdown, wherever you are, and we're pleased to bring you this September Newsletter. If you're an Old Girl who has returned home to NZ recently, we hope your quarantine experience was okay. Life is still a bit restricted, particularly for those of us in Auckland but we're pleased to get to Level 2.5! It's good to be able to move freely about the country – but get used to those masks folks! There's one thing for sure, Covid has really stymied our best laid plans for Old Girls events this year.



It is with great disappointment that we have had to postpone the proposed Ro Bellamy Memorial Brunch planned for Sunday 13th September due to Level 2 restrictions in Auckland. While we had advised of the date and purpose, we hadn't yet sent out official invitations while awaiting Government decisions. We are expecting well over 100 people to the event which is not possible under current levels. So we plan to hold the event next year, during our Centenary year, and will be in touch with further details once a date has been set. Meanwhile, daffodils planted by the late Ro have been blooming as Spring approaches.

As you know, we also had to cancel our Annual Morning Tea and Reunion Luncheon due to Level 4 lockdown, and we didn't offer any Founders Awards this year, although we will honour more recipients next year in our Centenary year. The blank space on our Founders Board for 2020 will serve as a poignant reminder of a year like no other.

We did hold our AGM on 9th June – the minutes and reports were sent out after the meeting, which was held via Zoom which meant people from around the country and the world could

attend. We'll look at doing this into the future as it enabled Old Girls from near and far, local and global, to join in. We had our best turnout ever!

At the AGM, we acknowledged our two new Honorary Members – long-serving staff members Kalvir Martin and Jeanette Davidson, both very worthy – and delighted – recipients. We also fare-welled long-serving OGA Committee member Virginia Bishop, who has been our Secretary and done so much hard work behind the scenes in relation to Archives. Work commitments, as well as her involvement on the Board of Trustees & the Foundation, has reduced her capacity to contribute to the OGA Committee. Thank you, Virginia, for all you have done

Margi Leech has stepped back from regular OGA activities after many years on the Committee, but will continue to be involved in Centenary planning. Thanks Margi.



We do have events in the pipeline though ...

We are currently organising the Graduation Dinner which we hope will go ahead as planned.

Our Tauranga Branch is organising a Luncheon on Wednesday 7th October and the Annual Dinner for Old Girls in the Franklin area is planned for Monday 9th November. More details later in the newsletter.

As advised, OGA Centenary celebrations will be held at the School on Saturday 27th March 2021: School Tours, a Sherry Hour and a Cocktail Function. On Sunday 28th March there will be a special Thanksgiving Service held locally. We hope Old Girls from near and far will come and celebrate during this weekend in March next year. More details to come – and hopefully Covid won't get in the way of things.

We are so pleased that the Year 13 girls got to enjoy their Ball (see story later in the newsletter).

Time will tell whether we can settle into the new normal without ongoing lockdowns and restrictions. Meanwhile, stay safe.

Per Augusta Ad Augusta

Sally Blyth (Editor) and Lynley Sheweiry (Design), Co-Presidents 2016–2020

FOCUS ON OLD GIRLS

Arizona Ledger

EGGS Alumna Arizona Leger is one of the women whose story is featured alongside other amazing wāhine in a new book by Rachel Petero and Jo Cribb called *Take Your Space*. This book was written by women, for women, about their stories as women in the workplace. It's the 2020 How-To book for all women.

Arizona says that the opportunity to tell her story as a young, Indigenous wahine is “for the times that we’ve been labelled 'bossy' instead of authoritative ... for the times that recruiters have assumed our story based on their assumptions of our skin colour, for the times that stereotypes have defined our destiny more than our skills have ever been allowed to”.



— ” —

Ehara taku toa,
he takitahi,
he toa takitini

My success is not
individual success,
but success of a
collective.

— ” —

ARIZONA LEGER

MĀORI PACIFIC IN AUCKLAND, NZ
VOICE OF THE VILLAGE

#takeyourspace

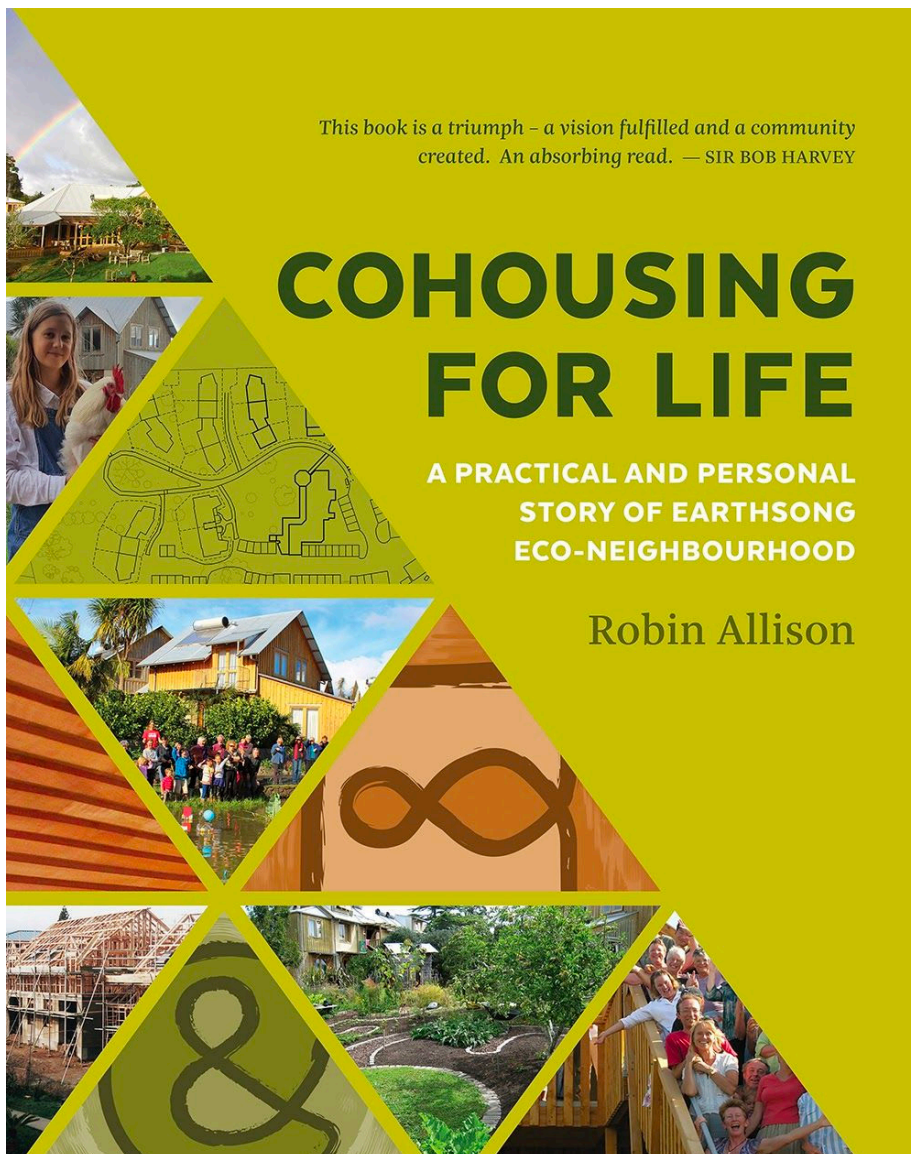
Gemma Bell

EGGS Alumna Gemma Bell is the CEO of Velocity which is a prestigious University of Auckland student and staff entrepreneurship programme that has been running for 17 years. It has always been run by a student committee.

Gemma was selected as CEO for 2020 and in spite of all that has happened, has successfully led the team of 25 student volunteers and taken a 300-person grand prize giving into a very successful online event.

Recently Gemma was the subject of an article in the business School's CIE newsletter – here is the link, it is an interesting read.

<https://www.cie.auckland.ac.nz/.../meet-the-2020-ceo-of-velo.../>



Robin Allison

EGGS Alumna Robin Allison has written a book about Earthsong Eco-Neighbourhood and their journey to get it built.

The School and Robin's former teacher Celia Stemson from the 1970s, are mentioned in the book. Celia was the teacher who awakened Robin to environmental issues way back then.

See more at

<https://robinallison.co.nz/> and <https://www.earthsong.org.nz/>

Robin is keen to connect with Celia Stemson so if anyone can put them in touch, please do!

Phone Robin on 021 055 4067



ROBIN ALLISON

Developing Sustainable Community



Helen Clark

In July 2020, EGGs Alumna and former NZ Prime Minister was appointed by the World Health Organisation (WHO) to co-chair an independent panel, reviewing its handling of the coronavirus pandemic and the response by governments. We look forward to watching how this progresses.

Annabelle Rennie-Younger

Annabelle was a School representative on the 100 years Centenary Committee in 2017. She left EGGs to follow her dream of being a sailor and in July was announced as a member of the Royal Akarana Yacht Club's eight-strong team to compete in next year's Youth America's Cup. Having started her career as a dinghy sailor, Annabelle (20) has developed many valuable skills. As a coach, she brings management skills and communication to the team and, as an engineering student, she is a critical thinker and problem solver.

Sadly, it was confirmed on 1st September that the Youth America's Cup event, which was due to happen in Auckland in February/March 2021, has been cancelled due to Covid. This is a real disappointment.

A gender rule has been introduced to the Youth America's Cup for the first time in the event's history which requires two males and two females to be on the boat. This will hopefully lead to greater opportunities for female sailors into the future.

Annabelle had said "It's super-exciting for girls to have a shot at being on the boat. It's really exciting to have a pathway option that will hopefully lead to the America's Cup. It enables us to gain experience and exposure to that side of it which we haven't had the opportunity to do in the past. We have an awesome squad with different experiences so we can all learn off each other."

New Zealand won the inaugural Youth America's Cup in 2013 with a team featuring Peter Burling and Blair Tuke.

Let's hope the event can go ahead in the not too distant future so that Annabelle can get out on the water – and surge ahead for women sailors everywhere!

NB: Annabelle's sister is Charlotte Rose Rennie-Younger who was the Kathleen Mandeno Scholarship recipient in 2014.

Papali'i Dr Viopapa Annandale-Atherton

New Zealand's first female medical graduate from the Pacific, Papali'i Dr Viopapa Annandale-Atherton, has had a distinguished career, championing work related to improving health outcomes for women and children's health, including sexual, reproductive and public health.

She was an EGGs Founders Award Recipient in 2012 for services to Medicine.

Here's a link to find out more.

<https://www.otago.ac.nz/otagomagazine/issue50/profiles/otago734685.html>





Annabelle Rennie-Younger in action on the water.

Kotare - America's Cup Youth Boat Sailing on the Waitemata 24 June 2020



SCHOOL NEWS

PRINCIPAL'S MESSAGE

As I write this, we are back onsite – our second time at Covid-19 Alert Level 2 – this time 2.5 for Auckland. This means public health requirements including one-way stairwells, keep to the left arrows along corridor floors and students using hand sanitiser each hour as they enter or leave a class. Students and staff are all doing their best to make the best of the continuing strange and unusual circumstances.

A lot of events have had multiple date changes or cancellation and our examinations this year will be held at the beginning of Term 4 instead of late in Term 3.

NZQA has reduced the requirements for University Entrance and universities are showing that they too are adapting to circumstances beyond anyone's control.

We will be running a lot of extra workshops and enrichment sessions in order to provide opportunities for students to achieve in their national qualifications.



Spring has arrived, and with it a veritable sea of daffodils just inside the Silver Road gates. Started by the late Ro Bellamy, and added to this year by her husband Dick Bellamy and his team, it was an uplifting sight for staff and students as they returned onsite after the Alert Level 3 time at home recently - you may have seen it on the School Facebook page.

Per Angusta, Ad Augusta
Lorraine Pound, EGGS Principal

Judith Potter Centre Opening Event

On 27th February, a group of invited guests gathered at the new Judith Potter Centre (JPC) – formerly L Block – to celebrate the opening of this wonderful new space.

Dame Judith Potter gave a heart-warming speech and this was a great opportunity for guests to have a good look around the Centre.

Students and teachers alike are loving the new facility.

Also - *Law News* has recently published an interview with Dame Judith Potter. Here is the link.

https://issuu.com/rdeg123/docs/lawnews_24_final/4



Principal Lorraine Pound at the JPC opening



Dame Judith Potter

Sport at EGGS

Sport is a big part of school life for so many EGGS students – in 2019 there were 26 students who represented NZ in their chosen sport!

With the announcement of the Women's Football World Cup to be hosted in NZ and Australia in 2023, there has been a real buzz around the School in anticipation.

We are so proud of all of our many current and ex-students who have represented NZ over the years.

Bring on 2023!



2016 Founders Award Recipient Michele Cox (CEO NZ Football Foundation - in blue), her mother Barbara Cox (to her right) and EGGS Alumna Annalie Longo (front left) - at Eden Park.

THE Year 13 EGGS SCHOOL BALL 2020



Epsom House Students

By Kirsty Cooper (Kirsty has kindly done the OGA accounts for several years)

Due to the number of students wanting to attend the EGGS School Ball, two Balls are held every year; one for the Year 13s and one for the Year 12s.

Disappointingly, because of Covid-19 lockdown Level 4, the initial date for the Year 13 School Ball was unable to proceed. Along with many other events and celebrations, this was another blow for students hoping to have a fabulous final year

Generously the Year 12s were able to forego their event date so the Year 13s could have their final Ball and, after much holding of breath and crossing of fingers, the Ball was able to go ahead on the delayed date of 7th August.

As it turned out, how lucky our Year 13 students were to be able to hold their event in between the two significant lockdown events in Auckland! Many other schools had not been so fortunate, with three events being cancelled the weekend after Auckland went to Level 3 lockdown alone.

The theme of the evening was Sakura Nights and it was held at the Ellerslie Event Centre.

The girls are only able to pick up their tickets from school at midday on Friday (to ensure school attendance!). The Ball started at 7pm!

The girls looked gorgeous and to see them in their finery was like being at a fashion show. They had transformed from uniformed school students into ethereal beauties over a matter of six short hours.

From all reports, the Ball was a wonderful event and the girls thoroughly enjoyed their evening of posing, socialising and dancing!



Left: Mackenzie Cooper with her mum Kirsty and dad Darrell.



RECOGNISING ALUMNAE

We love it when an Old Girl or someone associated with EGGS and the community is recognised with a New Zealand Royal Honour and we have a few to share. Congratulations!

New Years' Honours: 31st December 2019

Suzanne Mary SINCLAIR of Avondale, ONZM – for Services to the Community and Governance.

Ms Suzanne Sinclair has been Chairperson of the WALSH Trust since 2002, which offers support and recovery services for people affected by mental health issues and disabilities. Suzanne has championed the WALSH Trust's award-winning maternal mental health initiative, He Kakono Ora, and has expanded the Trust's programmes under her leadership. She was previously the Member of Parliament for Titirangi between 1993 and 1996, before the electorate was abolished.

She was an independent three-term Councillor for the Avondale Ward of the Auckland City Council before the super-city merger. She worked as Planning Commissioner for the Auckland City Council, North Shore City Council and Rodney District Council during the period 1996 to 2004. She was appointed Chair of the Road Safety Trust from 2001 to 2007. She has been a member of the Auckland Housing Allocations Committee of the Housing Corporation, the Auckland Institute of Technology Council, the Auckland War Museum Council, coordinator of the Friends of Auckland Zoo, and organiser of the 'Keep MOTAT Moving' campaign. She is currently retired after 13 years working with the Department of Internal Affairs and the Ministry of Social Development. Ms Sinclair has been Chair of Toi Ora Arts Trust since 2016 and has played a key role in revitalising Toi Ora, having joined the Board during a difficult period. Suzanne was in 3BG 1959. Her sister Jeanette Sinclair was at EGGS 1952-55 and has featured in previous newsletter.



Barbara Joan DIXON (nee Porter), QSM – for Services to the Community

Mrs Barbara Dixon and her husband Reverend Les Dixon, who also received a QSM for Services to the Community, have contributed to their local church and the wider Mangere community for more than 50 years. Barbara has been involved with St James Church since 1966, serving most of that time as Treasurer and Kaikarakia. She was President of the Auckland Diocese of the Association of Anglican Women (AAW) from 1992 to 1996 and was approached to take on the role again from 2015. She was the Treasurer of the Mangere Historical Society for the past 17 years, as well as for several local churches. She has helped her husband Reverend Les Dixon to run the Men's Breakfast for many years and the quarterly Ladies Afternoon Tea. She has also assisted with the organization of ANZAC services at the Mangere War Memorial Hall for the past 15 years. Mrs Dixon is the President of the St James Ladies Fellowship and was a Cub Leader for the Scouting Movement for five years. Barbara was in 3CL at EGGS in 1953.

Queen's Birthday Honours: 2020

Mr Donald John MacLEAN MNZM – For Services to Education

Mr Donald MacLean was Principal of Dilworth School in Auckland from 1997 until January 2019; a boarding school that provides fully funded education to boys from families experiencing personal or financial hardship. He also taught at EGGS from 1987 to 1994. He was initially Assistant Head of English, then also took on the role of Director of Assessment for all Internal Assessment management across the School (6th) Form. He was Acting Head of English in 1989 and then appointed Head of Department in 1990, a position he held for five years.

Prior to EGGS he taught at Gisborne Boys High in 1979 before coming to Auckland in 1980 and teaching at Northcote College until 1986. After his time at EGGS he was Deputy Principal at Mt Roskill Grammar from 1995 to 1997.

As Principal of Dilworth, Mr MacLean has led the development of a strong, supportive culture at the school and strengthened the wraparound care and pastoral support provided to students, and their whanau, to assist them with reaching their potential. In 2009, he opened the Isabella Dilworth Lodge that provides short-term care for students needing extra support. Under his leadership, Dilworth had outstanding academic performance above the national average with 99 percent of all students, and 100 percent of Māori and Pacific students, gaining NCEA Level 3 in 2017. He played an instrumental role in establishing the School's Rural Campus, Te Haerenga, in Managatawhiri in 2012. He has built the cultural and sporting opportunities offered by the School, now recognised internationally for music. He is involved with the Dilworth Family Connect association and has been Vice Patron of the Dilworth Old Boy's Association. He has supported many other schools with providing education opportunities to other students from disadvantaged backgrounds. Mr MacLean was a Trustee of Motutapu Outdoor Education Trust for 20 years and the Anglicans Schools Board for New Zealand Aotearoa and Polynesia for 15 years. He was also Advisor to the Minister of Education regarding Boarding and Hostel Regulations and Licensing.



REGIONAL BRANCH NEWS

If you are interested in starting a Branch in your area, do let us know.

Franklin Branch News

On 8th July 2020 a small group of Franklin-based Old Girls braved the rain and wind to gather for the Franklin Branch Annual Morning Tea at the Valley Home Kitchen in Pukekohe.

<https://www.facebook.com/thevalleyhomekitchen/>
Lots of stories of our times at EGGS were shared.

The Franklin Area Annual Dinner will be held at 6.30pm for 7pm, Monday 9th November at the Franklin Club. All are welcome.

As next year is the OGA's centenary we are thinking of holding a dinner in Pukekohe to celebrate this. If you are a Franklin-based Old Girl of EGGS then make sure we have your email address and/or Franklin postal address so that we can record you as a Franklin-based Old Girl and email you with news of our Franklin events. Send your updated details to oga@eggs.school.nz



Pictured are: from left to right clockwise Christine Black, Sue Fiddes, Jeanette Darby, Julie Goodyer (OGA Treasurer), Betty Liddle and Barbara Duncan.

Tauranga Branch News

Tauranga Branch will be holding the Annual Luncheon at midday, Wednesday 7th October 2020, the venue is yet to be confirmed. For more details please contact **Anne Mortensen**, email: agpowell@xtra.co.nz

YEAR 10 CAREERS DAY

EGGS is holding a Year 10 Careers Day in November. The Old Girls Association would love to put forward the names of alumnae as speakers for a range of careers. If you would be willing to speak on a panel for approx. 10 minutes about your career path please email oga@eggs.school.nz and we will be in touch. Recent graduates are just as important as those more experienced in their career, trade or vocation.

BE A SILVER ROAD CLUB DONOR



Become a Silver Road Club Donor to show your support for the OGA! An automatic payment of just \$10 a month goes towards helping us. As a registered charity we will send a donation receipt at the end of the year.

Please contact us for more information to become a member of the Silver Road Club and show your pride to be an Old Girl!

LinkedIn

For those of you on LinkedIn, we operate a LinkedIn page - see the link on Page 1 and below. We invite you to join this LinkedIn group. We've welcomed quite a few recent Alumnae of EGGS and it's great to see this group growing. Do join - and be sure to tell your Old Girl friends about our group. It's a great way to connect, reconnect and network and keep up to date on what other Old Girls are up to in their professional lives. You just need to have Epsom Girls Grammar listed in your Education History or current or past place of Work to qualify to join.

Per Angusta Ad Augusta - #ProudtobeanEGGSOldGirl

Epsom Girls' Grammar Alumnae - Old Girls

<https://www.linkedin.com/groups/2471596/>

REFLECTING - PEOPLE AND EVENTS

OLD CLASS PHOTOS

Here are some old class photos sent in by Old Girl Lindy Austin (nee Derrick) whose mother-in-law Gladys Mabel Donnell also attended EGGS. Gladys's birth date was 14th June 1909 and it is likely these photos were taken around the mid-1920s.

In the 'hatted' photo, Gladys is second from the right in the front row. She is third from the right in the back row in the other photo. Thanks so much for sharing these photos Lindy!



REMEMBERING ALUMNAE

Sadly, we lose Old Girls every year and we aim to acknowledge those who pass away in our Newsletters, and on the website. We can only record Obituaries if we are notified of them by a relative or if we are able to verify information in a published death notice. We apologise in advance if we miss recording an Obituary and offer our sympathy to all those who have lost loved ones over the years. To notify us of the passing of a former student or staff member please email us on oga@eggs.school.nz or phone the Development Office on 09-970 6753. Obituaries will record the name; maiden name; date passed away; years at School; and any other relevant information we are provided with.

ERRATUM

We sincerely apologise for errors in the Obituary for Alma Grace HALL (nee Bray) listed in our January 2020 Newsletter. The correct information is below – a family with a long and strong connection with EGGS.

Alma Grace HALL (nee Bray). Died 16th July 2019. Alma was in 3B (1935) and 4B (1936). Sister of Margaret Jean MENZIES (nee Bray) and Vera THURSTON (nee Bray). Her nieces, with years of attendance at EGGS, are: Dame Judith POTTER, 1956-1959; Raewyn MacCORMICK (nee Potter) 1957-1961; Beryl NAISMITH (nee Hall) 1965-66; Diana BELL (nee Hall) 1967-68 and Pamela HARDLEY (nee Stallard) 1968-1972.

Alma's daughter is Margaret TAYLOR (nee Hall), 3E Latin, 1968-71.

Alma was married to Alan Hall, whose two sisters also attended EGGS, namely Winifred Marjorie POTTER (nee Hall) and Bertha STALLARD (nee Hall).

Obituaries 2020

Passed away August 2020

Noelene Mary DALLEY (nee Jones). Died 12th August 2020. Noelene was in 3H/C B 1954.

Passed away July 2020

Valerie (Val) Carol PASCOE (nee Tuohey). Died 3rd July 2020 in Tauranga. Val was in 3A 1943.

Nola BENNETT (nee Worthington). Died 7th July 2020 at Possum Bourne Village, Pukekohe. Nola was in 3BM 1943. She was School tennis champion. Her sister Phylis Grant (nee Worthington) was in 3B 1940 (deceased). Her daughters are Madeleine Bennett 3AL 1968 (deceased), and Annie Thompson (nee Bennett).

Elizabeth Catherine (Betty) WATERSON (nee Connell). Died 11th July 2020 in Whakatane. Originally from Ruawai, Elizabeth was in 3A 1941.

Amber Jane LETHBRIDGE (nee Manning-Voyce). Died 12th July 2020. She was in 3C 1975 and her mother was Jennie Manning-Voyce (nee Hughes) 3B 1949.

Mildred Margaret NEWTON (nee Jennings). Died 13th July 2020 at Whenuakite. Mildred was in 3A 1941.

Doreen Edna TAINE (nee Moore). Died 13th July 2020. Doreen was in 3D 1942.

Erin Laurel WALKER (nee Lynch). Died 25th July 2020. Born 16th February 1947. Erin was in 3BG 1960.

Barbara Elizabeth HOCKENHULL (nee Pirrit). Died 19th July 2020. Born 28th July 1937. Barbara was at EGGS in 1951. She was a potter and teacher and demonstrator for the Sagetsu School of Ikebana. She had visited Japan many times with her late husband Barry, also a potter. Her sister is Jenny Brown (nee Pirrit) 3DG 1954.

Passed away June 2020

Ellen Anderson MOORE (nee KELLIE). Died 8th June 2020 at Somerset Village, Nelson. Born 8th May 1930. Ellen was in 3B 1944.

Margaret Rose HUNKIN (nee Wattam). Died 9th June 2020. Margaret was in 3C 1944.

Dianne Barbara ROULSTON (nee Logan, formerly Hamilton). Died peacefully in the early hours of Saturday 13th June 2020 with family at her side, at Middlemore Hospital. Dianne started at EGGS in 1946 and was a longtime Committee member of Franklin Branch. Her sisters are Lenore Kent and Nanette Bartz (deceased).

Lesley Anne MURGATROYD (nee Brash). Died peacefully on **26th June 2020 in Hamilton.** Lesley attended EGGS from 1959 (3CL) to 1962.

She was an excellent leader and Past OGA President (1992-93). Her leadership and guidance during and up to the 75th Jubilee was to be commended and she led a team that all felt passionate for the School.

She was the organiser of the 2017 Franklin branch 100-year dinner.

Lesley is seen holding a bouquet of flowers as recognition of her time as President of the OGA Committee that organised the 75th Jubilee in 1992.



Passed Away May 2020

Jean Betty LOVELL (nee Silk). Died **4th May 2020 in her 99th year.** Sister of Lorraine Lowitt (nee Silk) 3BM 1934, died 26th December 2016. Jean was mother of Jeanette McGregor Lovell, who died 7th March 2015 and Margaret Lovell 3CL 1970.

Judith Rosemary HOSKINS (nee Dowd). Died **5th May 2020, aged 83 years at Auckland Hospital.** Judith attended EGGS from 1950-1954 (3BL 1950). She played in the School tennis team 1950-54, was a Prefect in 1954, games captain and also an EGGS teacher 1981-87. Her daughter Debbie Hoskins attended EGGS 1979-1983.

Margaret BEDFORD (nee James). Died **22nd May 2020.** Margaret was in 3B 1943, 6A 1947. She played in the School orchestra. Mother of Heather Guy (nee James) 3AG 1965 and Robyn Gedy (nee James) 3EL 1968. Her sisters are Gwen Clark 3C 1937, 4C 1938, 5C 1939 and Elsa Brown (nee Bedford) 1940 3A and EGGS staff cooking teacher. Gwen's two daughters also came to EGGS.

Passed Away April 2020

Gwyneth WILLIAMS (nee Ludbrook). Died peacefully on **Monday 13th April 2020 at Howick.** Born 1933, Pakaraka. With great kindness, grace, faith, and quiet wisdom, Gwyneth dedicated her life to loving and serving others. She was in 3A 1948 and received the Dr Kidd Special Prize in 1950 and the 3rd Form Biology Prize.

Passed Away March 2020

Jeanette Mary FITZSIMONS (nee Gaston). Died **Thursday 5th March 2020, aged 75.** Jeanette attended EGGS in 1960 & 1961. She was an EGGS Founders Award Recipient in 2012 for Politics and also taught at EGGS 1965-66. She passed away after suffering a stroke at her Coromandel farm, following a fall on the farm. Jeanette was MP for Coromandel (1996-99) and Green Party Co-leader. She is remembered as ground-breaking, principled, tenacious, often ridiculed for now commonly-held views on climate change, and someone who paved the way for change. She always brought respect and dignity to debates, said politicians from across the spectrum. (From Stuff).



Lynley Ann SPURDLE (nee Dovey). Died **17th March 2020.**

Lynley was in 3A 1948, 4AL 1949, 5AL 1950, 6B2 1952, 6A 1953. She was a Prefect in 1953.

Helen Isabelle MacCORMACK (nee Edgar). Died **31st March 2020.** Helen was in 3CL 1958. Her twin sister is Louise Edgar, 3AL/2 1958. As she died during lockdown, her Memorial Service was held at All Saints Church, Clevedon on 4th July 2020.

Passed Away January 2020

Wendy NOBLE (nee Wallace). Died **9th January 2020.** Wendy was in 3E Latin 1968 and attended EGGS 1968-1972. She was in 3E Latin in 1968. Wendy worked at EGGS 1997-2007 in Admin and then moved to the Receptionist role for a few years before moving to Corran School. She was a columnist for The Listener and the NZ Herald on dance and film. Her sister is Jean Wallace who attended EGGS 1970-1973 and her sister-in-law is Fiona Rae (nee Noble), 3BL 1960. Her daughter Helen Noble attended EGGS 1996-2000 and is a nurse at Starship.

Marjorie BURTON (nee Sparks). Died **10th January 2020 aged 81.** Marjorie was in 3 Modern2 1952. She came to EGGS from Cornwall Park School and was originally from England. Her sister is Valerie O'Hara (nee Sparks), 3D Latin 1958.

Rosemary Lillian PIERCE (nee George). Died 11th January 2020. She was in 3A 1942. Her sister is Gillian George, 3A Latin 1954.

Janet Margaret (Jan) LESLIE. Died 25th January 2020. She was in 3BL 1952, 4AL 1953, 5AD 1954. Janet played tennis intermediate doubles with Gay Roberts (nee Baigent) 1952-54.

Betty HUMAN (nee Hadfield). Died 27th January 2020, peacefully at Mercy Parklands, Ellerslie, in her 100th year. Betty was in 3D 1934, 4C 1935. Her sister Tui Grant (nee Hadfield) of Waihi died on 13th September 2013.

Passed Away December 2019

Shirley Margaret WALDEGRAVE (nee Gissing). Died 14th December 2019. Born 16th May 1938. Shirley was in 3M3 1953 and was Miss Auckland in the 1950s. Sister of Dawn May SPENCER (nee Gissing) 3CM 1947, deceased 18th March 2019.

BONE HEALTH UPDATE

We've previously reported about work we've done with Osteoporosis NZ (ONZ) and EGGS Alumna over recent years in the area of Bone Health with the aim of getting this important topic into the curriculum. **Bone Health New Zealand** has been set up, under ONZ, to create awareness of the importance of good bone health.

People care for their skin, hair, nails; people work on their muscles, fitness, weight; people are mindful of gut health, eyesight, fatigue. But generally the only time people pay attention to their bones is when they break!

Funding is an ongoing challenge but EGGS Alumna Chris Gill, Executive Director of Osteoporosis NZ, has made great steps. A new website has been developed to increase awareness and education in this area.


This new website offers a huge amount of helpful information about Bone Health in a really accessible way.

How bones operate is quite surprising, for example, did you know that, whatever your age, almost all your entire skeleton replaces itself every 8-10 years!? Hip fractures are a big concern, with almost 3,700 NZers suffering from a broken hip each year. Osteoporosis is often called the "silent" disease as it has no symptoms. The earlier you can know about and care for your bones, the better.

There's an FAQ page, fact sheets, and lots of info, as well as an online assessment tool which will generate a report which can indicate your risk, and you can then discuss concerns with your GP. The aim is to create awareness and pro-action on this important topic so people can take action sooner rather than later. Genetics and stages of life play a factor, so does diet and lifestyle.


Check it out - <https://www.bones.org.nz/>

Thanks Chris, and everyone, for the work you've done to get this new and very user-friendly website up and running. Let's all spread the word about good bone health to everyone, young and old!



BONE HEALTH
NEW ZEALAND

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Know Your Bones™


It could save your life.

As we age, so do our bodies.

Wrinkles appear. Aches and pains pop up. Hair starts to grow in strange places, and falls out in others. We begin noticing we're not as energetic or strong as we once were.


Internal changes are happening too – and one of the most important ones concerns our bones. We lose bone strength as we age, and this puts us at risk of developing osteoporosis.

Often called the 'silent disease', osteoporosis occurs without any symptoms. In fact, many people only become aware that there's an issue with their bones when they break one. One in three women and one in five men will suffer from an osteoporotic fracture in their lifetime.



Hip fractures are of particular concern, and every year almost 3,700 New Zealanders suffer from a broken hip. 50% of them will never return to full mobility again. 25% of them will die.

Fortunately, it's never too early (or too late)! to know your bones. Your bones are made up of active, living tissue, and whether you're 2 or 92 you replace almost your entire skeleton every 8-10 years. This means that building healthy bones early in life can reduce the serious risks



CALL FOR ASSISTANCE

EPSOM HOUSE HEAD GIRLS HONOURS BOARD

We are still in need of names of Epsom House Head Girls from 1960 to 1999 for the new Honours Board.
If you can let us know any names, that would be greatly appreciated.
As would any financial donations towards this board.

PLEASE NOTE:

We no longer have a P O Box so please delete that from your records. Delivery will be to the physical School address:

EPSOM GIRLS GRAMMAR - OLD GIRLS ASSOCIATION

Epsom Girls Grammar School

Silver Road

Epsom

Auckland 1023

In the interest of sustainability, the environment and cost, we will only be delivering the Newsletter via email and on the website.

If you want to opt out of receiving emails, this is possible if you no longer wish to receive communications from us. Just email "unsubscribe" to: oga@eggs.school.nz

WOULD YOU LIKE TO ADVERTISE WITH US?

If so, please contact us for further details. We produce regular newsletters emailed to our large and diverse database. A great opportunity to profile your business and brand to a group of wonderful women and their networks who may be looking for exactly what you are offering! We may be able to help to spread your good news along with our own. All content subject to Editor's approval.

SAVE THE DATE

Tauranga Branch Luncheon Noon, Wednesday 7th October 2020
Franklin Area Annual Dinner 6.30pm for 7pm, Monday 9th November 2020
Year 13 Graduation Dinner Wednesday 9th December 2020
OGA Centenary Celebrations (2021) Saturday 27th March 2021
OGA Thanksgiving Service Sunday 28th March 2021
Ro Bellamy Memorial Brunch Date tbc 2021
Next Women in Law Function Date tbc 2021

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Let's make it happen!