

Echo

July
2022



Official Newsletter of the Netherlands Society Christchurch (Inc)



Winter in Holland

Photo credit: <https://www.freeimages.com/photo/winter-in-holland-1396057>

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Editor's note

As I write this, it is a much cooler winters day. The temperatures have certainly dropped in the last few weeks. I hope you are keeping warm and snuggled up against this wintry weather. Do please have a read of Miryam's article about wellness and particularly in these cooler months taking care of yourself, staying warm and staying hydrated. You can find this article on page 10.

This will be the last note from me as I will not be standing for re-election to the committee at the upcoming AGM and unfortunately, I do not have the time to commit to continuing with the ECHO as my coming year will be busy and will include a need to be working remotely with a lot of international travel.

I want to say a huge thank you to those of you who have supported me in this role and those who have willingly supplied articles or given me a lead to follow to talk about something interesting for you.

I want to wish you all the absolute best and hope that you enjoy the upcoming events that the Netherlands society will be involved in.

Best regards



Meri Gibson

Editor, Echo

Netherlands Society Christchurch

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Visit our facebook page



Want to contribute to the next issue of the Echo Newsletter?

Echo Material for the next issue of the Echo has to be in by the 20th of each month. Although handwritten material is acceptable if clearly readable, the editor will be very happy with typewritten articles. You would, however, really make my day with your contributions as an attachment to email or with an email. Please ensure any images are of good quality.

Please send to: secretary.nsc@gmail.com

President's greeting



Dee Segeren

President
Netherlands Society
Christchurch (Inc.)

Hello dear readers,

Some of you will read this Echo before our AGM and others, especially when you receive your Echo as a hardcopy, after the meeting. It is June when I draft this report, so I don't know how it panned out, but really hope you had your voice heard, as this meeting is the ultimate opportunity to do that. Of course, we are also getting emails and letters during the year with comments, suggestions, and compliments. I have said it before and will say it again: we love your feedback good, bad, or ugly. As a committee we are doing our utmost to perform / act / make decisions with you – our members and visitors – in mind. It is important to us that you let us know what your thoughts are. We have done that in our Echo over the last couple of months: you asked for recipes, and we added them, you also told us that you loved our puzzles, so we included them in June's Echo.

As climate change and the way, we use our cars, bike's etc. is a topic on everybody's minds, on page 6 you can read about Houten, a place in the province Utrecht in The Netherlands. Have a read what has been done in this town and how people are going around and about on their bikes. If you have any story/piece you would like to have published in the Echo, send it to our editor. It is not easy to fill your Echo with articles that have everyone's interest, but if you have something you would like to share, please do so.

I expect you were also pleased to read about the progress on our windmill. Every time I am entering NSC's driveway, I look right to see what has been done.

Our little windmill also had a bit of TLC. Jan worked his magic on it and on Sunday 12 June he re-instated the windmill on it's prominent spot on a new green "turf". The blades are going, and the light is burning at night.

A jubilee of 40 years: the Neerlandia Choir has stood long and proud for so many years. They not only sang at a lot of NSC's events but also "off site." If it was for the Xmas carols or being asked to sing and pay respect to a person who passed away, and the family asked the choir to sing at the funeral, they always obliged.

On Sunday 17 July the choir will give their farewell performance to say goodbye and thank you. It must be both great and sad for the choir to celebrate their 40 years milestone and say goodbye at the same time. You are invited to their last performance. Have a read on page 4 for details.

Did you have a go at Anneke's recipe for the boterkoek? Have a read on page 12 for Miryam's recipe on how to make boerenkool. A real winter meal that is on Dutch people's menu a couple of times during the long and dark winter months.

Hartelijke groet,

Dee



The Neerlandia Choir sing their last hurrah

Celebrating 40 years of the Neerlandia Choir

With pride and sadness in my heart I write this.

The Neerlandia Choir is celebrating their 40th jubilee on Sunday 17th of July. This will also be the last day for the choir to sing or perform. We only have ten members left in the choir and that is not enough to keep on going, we just simply cannot afford to pay the conductor and the accompanist any longer.

The choir has had many highlights over those 40 years and in the afternoon recital of the 17th of July we will reminisce and think back of the glory days of the choir.

The choir thanks The Netherlands Society for the free use of the hall over the years, which is one of the reasons the choir has been able to keep on going for so long.

For me personally what I will miss the most is the Christmas celebration and I hope we can manage to do something around Christmas time to keep a little bit of the "Nederlands" tradition going.

The choir invites everyone for a farewell afternoon tea and especially those people who over the years have either been a part of the choir or who have always supported the choir.

Please come along and share our last performance.

The performance starts at 2pm 17th July at the clubrooms of the Netherlands Society, 637 Marshland Road.

For catering purposes can you please call Annie, mob: 021 062 5656 or (03) 383-1594.

Annie van der Dussen
President
Neerlandia Choir





Houten – Province Utrecht

Quiet, safe, and utterly unique

With its narrow brick roads and meandering layout, Houten was designed for bikes, a move which means today, more than 98 per cent of households own at least one bike. Just outside of Utrecht is a town like no other, even by Dutch standards: the roads are brick-red, and often, they are filled with bikes. Welcome to the Houten in the Netherlands. It has been designed for bikes – not retrofitted with cycleways and temporary bollards to squeeze out the cars but set up from the get-go to prioritise ease of travel by means of a bicycle. By car, there is only one way in and one way out of each neighbourhood. These roads join two fast-moving ring roads – one moving north, one south – surrounding the town. Within the ring, access between neighbourhoods by car is limited, making bikes the fastest, cleanest, and most enjoyable way of getting around. The result is a town which is safe, quiet, and beautiful. An estimated 98% of Houten households owned at least one bike, with an average of 3.4 bikes per household, the Guardian reported in 2018. While many work trips are made by car – particularly journeys out of the city – cycling is by far the most popular mode of transport.



The city was designed by Dutch architect Rob Derks in 1968, after the national government identified it as an area of enormous potential growth. A 2014 report by the Institute for Transportation and Development Policy (ITDP) found 53% of residents travelled to the supermarket by bike or on foot, and the proportion rose to 79% for other errands, like going to the bank, the hairdresser, or visiting friends. The town has more than 129 kilometres of cycle paths, all of them Dutch architect designed coloured brick-red, by Rob Derks in 1968, after the national government identified it as an area

of growth. The small village, with a population of three thousand, was expected to have to eventually accommodate 100,000. In 1974, the government agreed to fund the first ring road, and construction began in 1978. Peter Furth, professor of civil and environmental engineering at North-eastern University in the United States, called it “a paragon of city planning.” Since hearing about it at a conference, he has taken groups of students to visit the town every year for the past 12 years.

Peter Furth has taken groups of students to Houten for the past 12 years to show them a different form or urban design. Furth said the best way he had heard it described was akin to the cells of the body: around each cell were the blood vessels, where the blood flowed fast and freely – the ring roads. “The speed limit is 70kmh, there are no pedestrians or footpaths or crossings,” Furth said. People could cross via fourteen underpasses. Inside the cells – each neighbourhood – things move slower. The speed limit is 30kph, and plenty of streets are off-limits to cars, physically blocked by bollards. Bike and pedestrian areas are separated from cars wherever possible. Roads leading off the ring road towards the centre quickly divide, splitting the traffic over and over, increasing space between cars. They hardly looked like roads, mostly narrow enough for one car, with verges to allow passing, and the pavement often painted red to denote bike priority.

About 80 to 90% of trips within the ring road are made by bike. The town is now a figure-eight (it was so successful, they tacked another suburb onto the bottom) – two circles, each divided into about fourteen neighbourhoods. In the centre of each sits a railway station. In the upper circle, a wide bike path passes underneath a four-track train line, with trains leaving every 15 minutes to Utrecht. The journey is about 8 minutes, and in another 40 minutes you could be in Amsterdam. The commercial and cultural centres are distinct and separate. You cannot access one from the other by car. There are supermarkets with carparks, and it is possible to park your car in the city, but most people would do small shopping trips by bike. Despite what you might think, cargo bikes were the exception, Furth said. “They’re not so rare that you turn your head when you see them, but most people are not using cargo bikes.



The Centre of town is split into two, the cultural side and the commercial side and each is accessible by bike from anywhere else, but those in cars wanting to travel between the two must go via the ring road. Houten's greatest advantage was that it was built from scratch. Retrofitting cities to encourage mode shifting was a different matter. Furth said a city like Wellington would be more likely to take lessons from Amsterdam, Delft, or The Hague – cities with existing busy roads. “The lesson from Houten is that people do need a way to get to their home and park their car near their home – but they don't need two ways,” he said. “You can designate certain roads around a neighbourhood, and say these roads are like the ring road. Then there are roads leading into the neighbourhood. We do not want people cutting through.” Bollards or barricades could be retrofitted to roads to prevent thoroughfare, Furth said. “That does not just mean no traffic. That means extraordinarily little traffic on the road leading up to it because the road does not go anywhere.”



There are still cars parked outside people's homes, and each neighbourhood is accessible from the ring road – it is just far easier to travel between neighbourhoods by bike. For a while, Houten's decision makers tried to make it possible for things like mail delivery and emergency services to pass between neighbourhoods without needing to access the ring roads. In the end, it was not necessary, Furth said. The postie was happy to do his rounds in each neighbourhood, exiting onto the ring road each time. The fire department was the same – the station was on the ring road anyway, and there was no need to move quickly between neighbourhoods. For residents, inconvenience was counteracted by the quality of life. Some 80 to 90% of trips within the ring road were made by bike, with kids as young as five often riding on their own. Groups of friends ride to the lakes for a swim, the roads safe enough for them to move around unaccompanied, parents knowing the roads were quiet enough to give them that freedom. “It's a children's heaven,” Furth said.



What's on!

From the German Society

We would like to invite you to join us on the 16th and/or 17th of July 2022 at the German Midwinter Christmas Market held at the Riverside Markets.

Christmas Markets have always been a platform for inter-ethnic exchange. This is a large part of what feeds the Christmas spirit and celebrates diversity and harmony. We are therefore looking for other groups to share the stage with us and display their culture to the wider community in Christchurch.

If you or members of your group are interested in doing a performance or organising a workshop within the Christmas theme, please get in touch with us via email on info@deutschinchristchurch.org and include a brief description of the planned activities.

From the Hungarian Society

Hungarian provisional events

- 21 August 12pm - St Stephen's Day
- 23 October 12pm - 1956 Remembrance Day
- 13 November 3pm - General Meeting
- 4 December 3pm - St Nicolas Day
- 29 January 12pm - Picnic at the Groynes

Dutch Language Classes

Our Dutch Language Classes are held every 2nd Sunday and 4th Thursday of the month.

We meet Sunday 10 July after the Dutch Market, starting at 1.15pm. We hold a second lesson on Thursday 28 July at 7pm.

Everyone is welcome, no matter whether you speak it well or not at all. All classes are held at the Netherlands Society Clubrooms at 637 Marshland Road. Come along or contact Miryam Denny – secretary.nsc@gmail.com

Youth of Yesterday 2022



Every Friday morning 9.30am - 2pm approx.

A small charge of \$2 entry.

A bottomless cup of coffee/tea provided. Bring your own lunch. If you know of someone or a group who would like to come, bring them. There is plenty of room.

4 groups operating: cards - Klaverjas, adult colouring in, rummikub, golfers

Maybe you would just like to get out of the house for a coffee and chat speaking Dutch/English with a group of friends, or maybe you are a group of knitters, crochet, etc. You are most welcome.

Phone Lilian on 381-0218 for information
lilian_van_elk@hotmail.com

Dutch Market

Sunday 10th July 10am-12.30pm

Poffertjes, een broodje kroket, witlof, kaas, broodje haring en allerlei lekkere Nederlandse etenswaren.



From the Swiss Club - An Invitation to All

Dear Swiss Club members and friends of the Christchurch Swiss Club

The Swiss National Day celebration (1st of August celebration) is approaching, and we look forward to welcoming you to another fantastic evening with a delicious Raclette.

Date: July 30, 2022, starting at 5.30pm

Venue: Christchurch Adventure Park Café, 225 Worsleys Road, Cracroft, Christchurch

Attendance is limited to 150 people (incl. children) because the Café has a seating limit.

Tickets can be purchased until July 20, unless sold out earlier; this also means that there are no door sales on the night of the event.

Based on experience, we anticipate being sold out before July 20, in which case we will advise everyone by email that we are at capacity and no further payments will be accepted. If you want to be part of the Swiss National Day celebration, purchase your tickets as soon as possible to avoid disappointment.

Ticket price: Adults \$35 Children and youth (5y up to 16y) \$20 Children under 5 years are free but must be included in your booking.

Includes welcome nibbles, Raclette main course, dessert, and coffee. Drinks are not included but you will be able to purchase a range of alcoholic and non-alcoholic beverages from the licensed Café.

To book, please make payment into account number 11-7800-0051078-11 with your name as reference, and also send an email to Michael Falta falta.michael@gmail.com with your names and the number of guests including children under 5y.

In the spirit of having fun together, the Swiss National Day celebration will be for young and old. The schedule of our entertaining evening is:

5.30pm	Doors open
6.00pm	Welcome, and nibbles, flat bread and dips
7.00pm	Main course Raclette with Garden salad, coleslaw, couscous salad with roasted vegetables, boiled baby potatoes
8.30pm	Lampion adventure for big and small kids (we provide LED candles due to fire risk at the venue; Do not bring any wax candles)
9.00pm	Speech of the Bundespräsident and anthem
9.30pm	Coffee and dessert, homemade brownies with cream and tan slices
11.00pm	Event closes

The Jungbürgerfeier will also take place and is conducted by the Ambassador Michael Winzap.

During the evening, we will be showing a slideshow of the Club's past events, going back into the early years of its existence: a trip down memory lane for some of the more senior members.

Instead of a quiz and a tombola/raffle, we will have live music to sing along to and should you wish to contribute by bringing your guitar, mandolin, zitter, etc, please do so. If your children want to participate by playing their own instrument or prepare a song, it will certainly make for a memorable evening. Microphone and speakers are organized.

**Note the following changes:*

The Café will cater for us and take care of the clean-up afterwards. As always, we have ordered Raclette cheese but unlike in previous years you need not bring salads nor desserts to share.

Strictly no BYO (food and drinks). The Café is licensed, and you can purchase drinks on the evening. The Café and the property have a non-smoking policy (including outside areas).

Winter Wellness

The onset of winter can bring with it a whole raft of germs and nasties that have the power to throw a dampener on your plans, not to mention leaving you feeling sniffly, sleepy and sore.

The good news is that there are things you can do to stay well as the seasons change.

Here are some tips.

Eat for Health

With the cooler weather, the temptation to turn to comfort foods is strong, but do not forget to eat foods that are packed with all the nutrients your body needs to stay well.

There are plenty of vitamin and mineral rich seasonal fruits and vegetables you can add to your plate. The added benefit of eating food that is in season is that the price is lower than produce that is out of season.

Over the cooler months, citrus fruits such as oranges, mandarins and grapefruit are in season. Citrus is high in vitamin C, as are strawberries, kiwifruit, and broccoli, which are also in season. Another important mineral for our bodies is iron, which can be found in lentils and beans.

A wonderful way to up your intake of these foods is by cooking soups and stews. You could also add a serve of fruit to your breakfast – a banana with your porridge or even a fruit smoothie. Spinach is in season through winter and is a surprisingly good addition to smoothies for a dose of iron, folate, and vitamin C.

Drink enough water

We often associate hydration with summer, but it is equally important to stay hydrated when the temperature drops. Air conditioning and other heating can be quite drying to your skin, so you need to up your water intake to combat it.

Dehydration can affect you in several ways. It can cause dry and itchy skin and affect your energy levels and your ability to focus. Carry a reusable water bottle with you so you can drink enough to feel hydrated and well.

Prioritise your sleep

Although it might be enticing to embrace your inner bear and hibernate through winter, staying in bed for too long can have a negative impact on your internal body clock, otherwise known as your circadian rhythm. Our internal clock is set naturally based on the rhythm of the day. By staying in bed all day or not following a natural sleeping and waking routine, you can throw your circadian rhythm off.

Prioritising a healthy sleep routine will help to boost your energy levels and focus throughout the day.

Stay active

Exercising and moving your body is another way you can stay well all year round. During winter, when we do tend to spend more time indoors, getting outside to go for a walk or run can have more benefits than just fitness.

Spending time in the great outdoors, even if it is just a walk around the block, can ensure you get a daily dose of vitamin D from the sun and help you to improve your energy levels and potentially even reduce your stress levels. It is amazing what fresh air and nature can do!

If you cannot walk for 30 minutes, any movement is a good thing. You will find endless workout videos on YouTube or simply dance around the living room!

Practise good hygiene

It is understood that 2020 was a big lesson for us all in the role of good hygiene in preventing illness. Wash your hands regularly with soap and water before and after meals, and after touching surfaces like doorknobs or railings.

If you do fall sick over the winter months, it is important to stay home so you do not pass your germs onto others. It is also important to rest and give yourself the time to recover and recuperate.

Hopefully, these tips help you stay healthy for an enjoyable winter ahead.



Miryam Denny


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*"laat uw huis
weer stralen!"*

Boerenkool Stampopot

Dutch Boerenkool Stampopot is one of the oldest and most authentic Dutch dishes. It is a Dutch dish of mashed potatoes with kale and served with a side of delicious sausage.

Kale is a winter seasonal vegetable and should be available at your local vege-shops and supermarket. If making for only two people, half the recipe.

I put the Kale in the deep freezer for about an hour, so it has had the 'frost over it.'

Ingredients:

- 1 – 1.5 kg mashing potatoes
- 600-700 gr curly kale
- 1 or 2 'rookworsten' (sold at both Countdown and New World)
- 1 tablespoon warm milk
- 20 gr butter
- 1 – 2 teaspoon mustard
- Pepper and salt to taste
- Pinch of nutmeg
- OPTIONAL: Pork pieces

Method:

Peel and dice the potatoes

Clean, trim and slice the kale

Bring a large pot of water to the boil. Add the cubed potatoes, then add the kale and let it float on top. Cover and boil the potatoes and kale gently for about 20-25 minutes until done.

While this is cooking, fry the pork pieces (pork slices/ pork belly slices) cut into small cubes in some butter until well done.

Steam or boil the 'rookworst' until done.

Drain the vegetables and adding the milk, butter, mustard, and pinch of nutmeg mash them.

Add the pork pieces and the butter they were fried in, to the mash and mash/mix to make a nice creamy mash. Add pepper and salt to taste.

Top with the 'rookworst.' **Enjoy your dinner!**



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Susan Mullink

022 105 6877

susan@limere.co.nz

Puzzle page

Last Month's Winner!

The winner of the Word Finder was Paula van Kuppevelt. Paula has been sent a voucher to spend at the Garden Restaurant. We are sure she will enjoy spending that voucher.

Answers to last month's puzzle:

1 = E	10 = Y	19 = K
2 = S	11 = O	20 = N
3 = T	12 = D	21 = M
4 = A	13 = Q	22 = G
5 = B	14 = U	23 = Z
6 = L	15 = R	24 = X
7 = I	16 = F	25 = W
8 = H	17 = P	26 = J
9 = C	18 = V	

WINTER

N K S L I P U H O F D B
 A X T C Z S M L E R S W
 Y P F B U K D I J N O H
 M Z R S C A R F T L C E
 S N O W J T H S P T K D
 F G Z I C E V N A B S M
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 R B N A Y I T W Z P F S
 T Q O D U A G M E L T K
 S C P O H B F A J A N I
 U W I N T E R N K Y G X
 Z A H F M S L E D O B P

boots	hat	plow	slip
coat	ice	scarf	snow
cold	melt	skate	snowman
forts	mitts	ski	socks
frozen	play	sled	winter

Crack the Code

No 51

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

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LEKKER DUTCH



BROODJE KROKET

Croquette, soft rol & mustard

PATAT OR SATEH

chips or sticks with sauce

(AVAILABLE SOME MARKETS)



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email: lekkerdutchnz@gmail.com

Hier gaan we dan met deel 2:

Op 14 September 1962 arriveerden wij via Alaska, Tokio Biak, Sidney, Wellington terug in Christchurch. We werden opgepikt door oom Jan de Groot die ons had gesponserd.

Mijn eerste job was schilderen aan de grootste boerderij in Nieuw Zeeland bij Culverden. Toen die klus klaar was, gingen we aan het werk voor Charles Upham. Die man was zo moedig tijdens de oorlog, dat hij is onderscheiden met 2 Victoria Crosses. Ik weet nog dat hij zei "ik noem jou Hollander, niet Dutch" want dat herrinerde hem te veel aan Duits. Die kerstmis kampeerden wij in onze tent op zijn land. Maar die klus in Christchurch was niet zo goed voor het inburgeren. Dus veranderde ik van baan naar een job in Christchurch.

Ik was de hele week van huis en Greta was alleen in de flat. De wc was buiten.

Op een dag zag zij een beest op de schutting, wist niet wat het was en joeg dat beest weg. Het bleek een possum te zijn.

Op zondag gingen we - net als de meeste katholieken mensen - naar de Sint Jozefs kerk. Het was net of je terug ging in tijd: auto's van net na de oorlog - dames met hoeden en handschoenen aan - als je weet dat maar weinig mensen een nieuwe auto konden aanschaffen.



Everglades Country Golf Club



637 Marshland Road

Would You like to Play Golf?

You can at Everglades Country Golf Club.

Green fees \$10.00 for 9 holes.

Clubs are available for hire.

The course is open every day except Saturday from 12noon to 4pm.

New members are very welcome. Membership details are available at clubrooms - 03 3238641 (entrance from back car park)

or from Secretary

Miles Ruddenklau
142 Riverlea Estate Drive
Stewarts Gully
Christchurch 8083
evergladescgc@xtra.co.nz

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New members welcome!



Are you or a friend considering becoming a member of the NSC?

For more info contact the Membership Secretary: 022 362 3411, secretary.nsc@gmail.com
Post this application to: Miryam Denny, PO Box 35177, Christchurch 8640
Or, email application to: secretary.nsc@gmail.com

Name: _____

Address: _____

Suburb: _____ Post Code: _____

City: _____

Email: _____ Phone: _____

Age Group: (Please tick and add in the number applicable to each category)

0-16yrs _____ 17-29yrs _____ 30-49yrs _____ 50+yrs _____

Membership: \$30 - Single membership
 \$42 - Family membership (includes children up to 16yrs of age)

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