



Official Newsletter of the Netherlands Society Christchurch (Inc)



Inside this issue:

What's On!

Page 4

Dutch Market news

Page 5

Dutch classes

Page 7

**Managing flu
and exhaustion**

Pages 8

**Nederlands talige
boeken**

Page 9

Let's have a laugh!

Page 13

Mid-winter festival at Riverside Market on 13/14 July. Henk Stoffels was Sinterklaas.

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Editor's note

Hi folks!!

Thank you to those who sent in responses to the Caption Competition. As I write this, I am still chuckling away. The winner is named in the Echo. Well done and again thank you to those who responded and took part!

Yes, its winter, yes, its gloomy and miserable with some awful days of no sun. For those of you who ski, we are still hopeful of more "big dumps" of snow. The mountains from the top of Mt Hutt last week, have only got a light covering of snow. Enough for a fun day, but there were challenging areas with small rocks to avoid. Amazing that there were not a lot of people considering it was school holidays. I guess a lot of families have hit the sandy beaches of the Gold Coast or perhaps other warm climates.

Our beaches are also lovely at this time of the year when the tide is out, and there is no wind, with very few people making the most of a walk and a relaxing coffee after. Brighton Beach Cafe on Beach Rd is always there with fresh scones and good coffee!

It's also a great time to do a tidy up in the garden, clearing, trimming and general spruce up ready for the wonderful spring bulbs to open. Some of my daffodils are already out... so spring is not too far away!

Let us know if you have had any exciting adventures over the last month. We'd love to hear all about it and perhaps write a little for the next Echo.

We have some good ideas for the club moving forward, see our blurb about our library and suggestion to bring your own cups for coffee. We love hearing your thoughts about

how we can perhaps do things better so if you have any good suggestions, please forward to editor.nsc@gmail.com



See you at our next Market Day on 11 August 2024 and thank you for allowing me to be your editor for the last two months.

Stay warm and keep smiling 😊

Anneke
Editor, Echo

Netherlands Society Christchurch

637 Marshland Road
Ouruhia
Christchurch 8083

www.nsc.org.nz



Visit our facebook page



Netherlands_Society_Christchurch

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 in Word format (.doc NOT .docx). Please ensure any images are of good quality. Please send to: editor.nsc@gmail.com

President's greeting



**Miryam
Denny-Ipenburg**
President
Netherlands Society
Christchurch (Inc.)

Beste Lezers,

En zo is het alweer augustus en zitten we midden in de winter. Velen van ons worden geplaagd door griep en andere winterziektes, en velen van jullie zijn naar warmere streken gevluht. Ik heb een kort stukje samengesteld over hoe je als een pro tegen de griep kunt vechten, ik hoop dat het helpt om jullie allemaal gezond te houden.

We hebben de halve finale van de EuropaCup (EK 2024) gehaald, maar helaas hebben we de finale op één schamel doelpunt gemist!

Zeven maanden na de verkiezingen heeft onze koning eindelijk een nieuwe regering beëdigd, met een voormalig hoofd van de inlichtingendienst, Dick Schoof, als de nieuwe premier.

Ik was trots om te zien dat mijn geboorteplaats als alternatief voor Amsterdam aan toeristen wordt aangeboden. Dit is wat de advertenties zeggen.

Utrecht, de vierde grootste stad van Nederland, wordt snel een minder druk en betaalbaarder alternatief voor Amsterdam. Met een unieke mix van geschiedenis, cultuur en pittoreske grachten, biedt Utrecht een meer ontspannen en authentieke Nederlandse ervaring. Het heeft alle charme van Amsterdam, maar dan met slechts een fractie van de drukte en, tot op zekere hoogte, de kosten.

Ik wist altijd al dat we speciaal waren 😊.

Dear readers,

And just like that it is already August and we're in the middle of winter. Many of us are plagued with flus and other winter illnesses, and many of you have escaped to warmer regions. I have put together a little blurb on fighting flu like a pro, I hope it helps keep you all healthy.

We made it to the semi-finals in the EuroCup (EK 2024) but unfortunately missed out on the finals by one measly goal!

Seven months after the elections, our King has finally sworn in a new government, with a former intelligence chief, Dick Schoof, as the new Prime Minister.

I was proud to see my hometown is being offered as an alternative to Amsterdam to tourists. This is what the ads are saying.

Utrecht, the Netherlands' fourth-largest city, is fast becoming a less crowded and more affordable alternative to Amsterdam. Boasting a unique mix of history, culture and picturesque canals, Utrecht offers a more laid-back and genuine Dutch experience. It possesses all the charm of Amsterdam but with only a fraction of the crowds and, to some degree, the cost.

I always knew we were special 😊.

Miryam Denny-Ipenburg

What's On!

Dutch Market



Warm up this winter!

Sunday 14 July
10am - 12.30pm
Netherlands Society Clubrooms

Youth of Yesterday

Every Friday morning
9.30am - 2pm
approx.

Rummikub

Don't be stressed

Be our guest

Don't be blue

Come in for a
brew

All for free (actually
\$2 per visit)

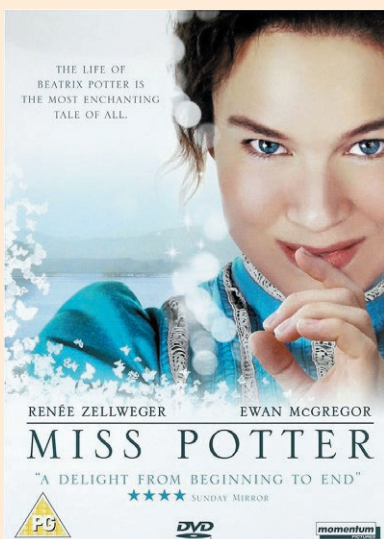
And a cup of tea.



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. We have plenty of space. You do not have to be Dutch to join in.

381-0218 Lilian for information
lilian_van_elk@hotmail.com

Movie afternoon



We have a planned movie
afternoon on Sunday
18 August at 2.00pm at the
Everglades on Marshland Rd.

The movie is *The Life of Beatrix Potter* which is a period movie with nice costumes of that time. Afternoon tea will be served as well.

There is no charge, yes it's free!

But please let me know in advance by booking if you intend to come so we have an idea of how many we have to cater for.

Contact Annie vd Dussen 021 062 5656
or secretary.nsc@gmail.com

Dutch Market news

Market Day pics

New Stall in our Market

Emma has written that she would like to set up a stall in our market for August. It sounds very exciting as she writes:

"I'm a massage therapist but also make a few products which compliment my business (soy candles, melts, bath salts, lip balms) and also some macrame decor items such as plant hangers, coasters and wall hangings. I have attached some photos and hope you are happy for me to join you all next month."



Clarification about Market Days

Thank you to Valerie, one of our valued members who clarified the market days to read as follows:

The NS Market is **NOT** held on every second Sunday of the month!

The NS Market **IS** held on the **SECOND** Sunday of the month.

The first statement means the NS Market is held twice a month, which is incorrect.

Reusable coffee cups

There has been a suggestion about bringing your own cups for your coffee or using one of the cups provided by the kitchen. Can we please ask for comments in relation to this idea to save the planet one step at a time! We are interested in your thoughts so either send them through to **editor.nsc@gmail.com** or approach one of our friendly committee members to have a discussion.



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OR SATEH

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(menu can change per market)



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Lemon-honey-ade



WHERE TO FIND US

*EVERY SATURDAY on Kahu road
Christchurch Farmersmarket,
Riccarton House and Bush

*Every 2nd SUNDAY of the MONTH
Dutch Society, 637 Marshland rd,
at Everglades Golfcourse

Instagram: lekkerdutchinnewzealand



POFFERTJES

Our speciality,
little buckwheat pancakes,
served with butter and icing sugar

OLIEBOLLEN

Traditional Dutch Donut

APPELTAART

Oma's Recipe served with cream

email: lekkerdutchnz@gmail.com

Dutch classes

Ben jij geïnteresseerd om je (klein-)kinderen Nederlands te leren/ verbeteren met andere Nederlandstalige kinderen?

Are you interested for your (grand-)children to learn or improve their Dutch with other Dutch speaking kids?

I am gathering information to gauge the interest among parents to set up and run Dutch classes for children to learn (like my 8yr old) and improve (like my 12yr old) their Dutch in a playful, fun and relaxed way, with other children, so they can not only learn how to write and read in Dutch but also learn how to speak and be with other Dutch speaking kids (and people/family), while learning how to feel comfortable and confident doing so.

If you are parents (or grandparents) living in or around Christchurch with Dutch speaking (grand-) children who want to learn or improve their Dutch in the described way, then please answer the following questions and send them to **elmavanbaasbank@gmail.com**:

1. How old are your children/is your child?
2. What is their level of Dutch? - a short description of their knowledge and skill level (what they can and can't do) would be helpful.
3. How many hours do you think is a conducive duration for Dutch class: 1 or 2 hours?
4. Are you interested in ongoing classes or for a set period of time?
5. How much would you pay for your children to go to Dutch class?
6. When could your child(-ren) attend Dutch classes?
- Weekdays: Mon/Tue/Wed/Thurs/Fri (please

specify what day(-s) and/or
- Weekend: Sat/Sun (please specify what day)

7. The days I absolutely can't attend are.
8. What location has your preference?
A. The Dutch Society building at Marshland Rd
B. Upper Riccarton public library meeting room
C. Multicultural Recreation and Community Centre, 455 Hagley Avenue
D. Other (please specify)
9. Are you, as a parent, interested in offering help in running the Dutch class (such as co-teaching, picking material and resources, coming up with ideas or just an extra set of hands etc.)? See more info below.

The Dutch classes will be taught by volunteer parents, like myself and another parent who has already shown interest. She and a few other families have decided to continue Dutch classes after De Klomp stopped and their kids couldn't attend those classes anymore. To be clear, we are not certified Dutch language teachers, nor do we pretend to be. However, we do have teaching experience and access to teaching material and find it important to offer this to our children in an enjoyable way.

If you are interested in helping in whatever way (such as co-teaching, picking material and resources, coming up with ideas or just an extra set of hands etc.), please let us know. It's always easier and more fun to have a bigger team to make things happen!

If you have any other questions or thoughts, feel free to contact me and thank you for sending me your answers!

Elma
elmavanbaasbank@gmail.com

Managing flu and exhaustion like a pro!



1. Prioritise Rest:

Quality Sleep: Your body is in superhero mode, fighting both the flu and fatigue. Prioritize sleep like it's your secret weapon. Nap during the day if needed and aim for early nights. Sleep isn't a luxury; it's your recovery fuel.

2. Hydration Is Non-Negotiable:

Fluid Intake: The flu can turn you into a human radiator. Sweating, fever, and maybe a dash of vomiting—your body loses fluids.

Hydrate like a pro: water, herbal teas, or honey-infused concoctions. Skip caffeine and alcohol—they're the flu's secret allies, dehydrating you when you need hydration most.

3. Fuel Your Immune System:

Nutrition Matters: Think of food as your immune system's power-up. Fresh fruits, veggies, whole grains—they're like tiny vitamin-packed superheroes. Even if your appetite is playing hide-and-seek, aim for regular meals. You're feeding your immune troops for battle.

4. Breathe Easy and Conquer Congestion:

Pillow Tower: Stack those pillows to prop up your

head. It eases sinus pressure and lets you breathe like a champ.

Humidifier Magic: Bring in the humidifier or vaporizer. They add moisture to the air, making your nose less cranky.

Steamy Shower: A hot shower before bed? Yes, please. It's like a spa day for your respiratory system.

5. Consider Antiviral Medication:

Consult Your Doctor: If you suspect the flu, especially within the first 48 hours of symptoms, talk to your healthcare provider. Antiviral meds can shorten the flu's staycation in your body.

6. Flu Shot: Your Annual Shield:

Vaccination: Think of it as your flu-fighting armor. The flu shot won't guarantee you won't catch the flu, but it significantly reduces the severity and risk of complications. Plus, it's like a little high-five to your immune system.

7. Stay Positive and Rest:

Mindset Matters: Battling the flu and exhaustion can feel like climbing Everest. Stay positive—you're tougher than you think. Rest, recharge, and let your body do its thing.

Nederlands Talige Boeken



Onze Bibliotheek van Nederlands- talige boeken is geheel gratis. Boeken zijn gratis mee te nemen, te ruilen of te lenen. We hebben iets voor alle leeftijden en alle soorten genres. Het is een gratis boekenruil. Het behoort ons allemaal toe.

Als je een boek ziet dat je graag wilt lezen, neem het dan mee. Als je het uit hebt, deel het dan met iemand anders of breng het terug. Als je een geweldig boek hebt dat je wilt delen, breng het dan mee en ruil het voor een ander boek, maar gebruik het alstublieft niet als een plek om je boeken te 'dumpen'. Zorg ervoor dat alle gedoneerde boeken in goede staat en acceptabele inhoud zijn.

Geniet ervan!

Check out our Library of Dutch books. Books are free to take, swap or borrow. We carry for all ages and all sorts of genres. It is a free book exchange. It belongs to us all.

If you see a book you would like to read, take it. When you are finished with it, share it with someone else or return it. If you have a wonderful book you want to share, bring it and swap it for another, but please don't use it as a space to 'dump' your books. Make sure that all donated books are in good condition and acceptable content.

Please enjoy!



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Puzzle of the month

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O H E O A C K N N P N A M C N
S O O E E O O F R T O R E N S
A P T M U C K L A E K N O F R
L O E T I R N E A N D I N E L
G J I C O S U A I T T N N N S
K N R G I F T R M C E N I I V
G P K P R R D E E O I E H T T
L L P O O S E J E D R A C C M
O O S H E H E E I T S N H J N
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LOVE
OUTING
POEM
PROPOSAL
REJECTION
ROMANCE
ROSES
SMILE
TINDER

Recipe of the month

Ingrediënten

Voor 4 personen

- 2 grote uien
- 50 gr boter of margarine
- 800 gr hacheevlees/riblappen
- 3 eetlepels bloem
- 500 ml runderbouillon (Maggi)
- 2 eetlepels rode wijnazijn
- snuf paprikapoeder
- 2 blaadjes laurier
- 4 kruidnagels
- 1 theelepel suiker

Bereiding

1. Snijd het vlees in stukken van ca. 3 cm. Laat de boter of margarine smelten in een (braad)pan. Voeg het vlees toe en bak rondom aan.

2. Hak de uien en voeg toe aan het vlees. Breng het vlees op smaak met een snuf paprikapoeder. Voeg dan de bloem toe en schep er doorheen.

3. Voeg de rode wijn azijn toe en de suiker.

4. Giet daarna de bouillon erbij en roer goed door. Doe de blaadjes laurier en de kruidnagels erbij (steek de kruidnagels in de blaadjes laurier om ze niet kwijt te raken) en kook de hachee in 3 uur gaar en zacht met de deksel op de pan. Haal de laatste 30 minuten de deksel eraf om de saus wat te laten indikken.

5. Mocht de hachee te dik worden kun je er een beetje water aan toe voegen. Verwijder voor het eten van de hachee de blaadjes laurier en kruidnagels.

Tips: Lekker met frieten, aardappelpuree en/of rode kool. De volgende dag is de hachee vaak nog lekkerder. Bewaar de hachee maximaal 3 dagen in de koelkast of vries hem maximaal 3 maanden in.



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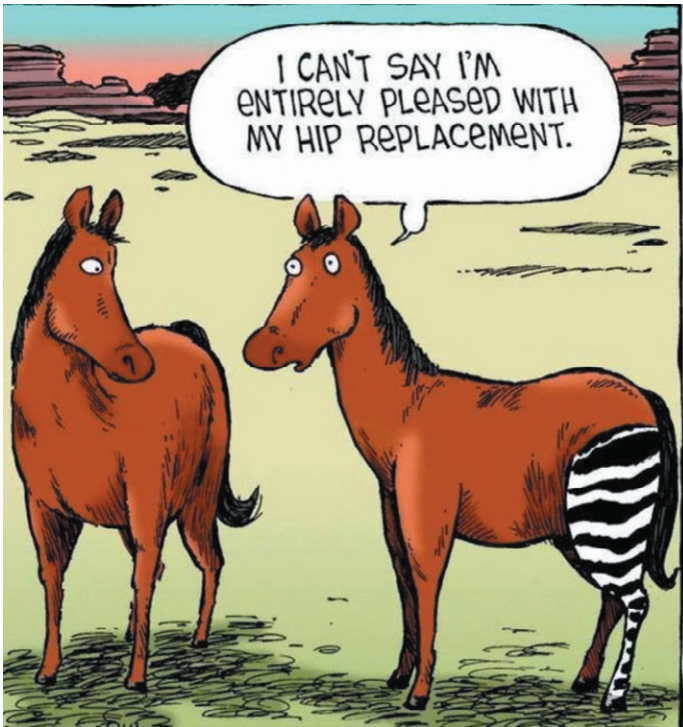
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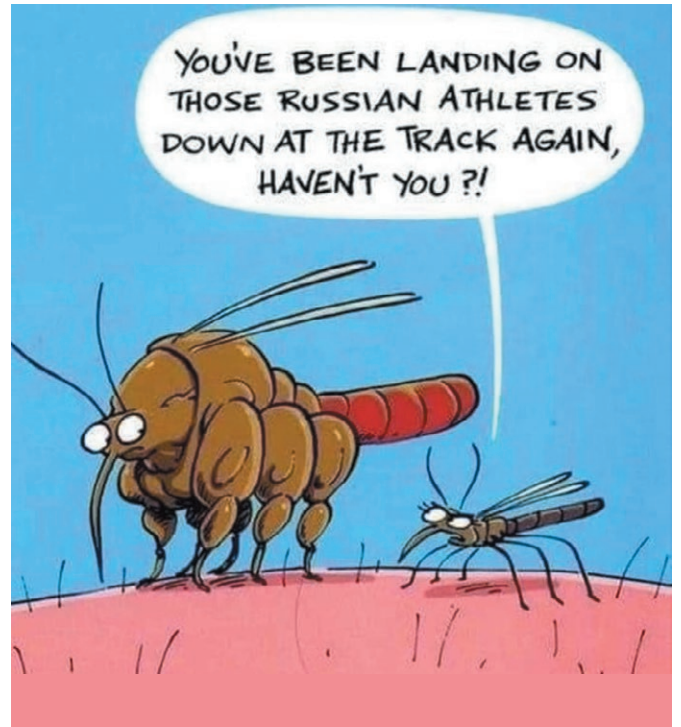
Email: admin@jjsteel.co.nz frank@jjsteel.co.nz

18 Sir James Wattie Drive, PO Box 4241, Christchurch, NZ

Lets have a laugh!



For anyone who has had a hip replacement.



Just in time for the Olympics.



Best "caption" competition

Rob Borgers wrote:
"Mum, I'm Hungry."

Winner!

But the winner is Hanna who wrote:
"I have cruise control, now i need birth control."

Hanna, please contact Annie to uplift your voucher to the Garden Restaurant on Marshland Road!

Everglades Country Golf Club

637 Marshland Road, Christchurch



Would you like to Play Golf?

You can right here at Everglades Country Golf Club.

Green fees \$15.00 for 9 holes.

Clubs are available for hire.

**The course is open every week day (except Tuesday)
from 9.30am to 12.30pm and Saturdays from 10.30am
to 3pm**

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

Or from the Secretary

Sue Edkins

027 205 5708

evergladescgc@xtra.co.nz



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P: 022 039 0374

E: mulhollandpainting@outlook.co.nz

***"laat uw huis
weer stralen!"***

Klaverjas Club "Ons Genoegen"

Wel ik hoeve je niet te vertellen dat het koud is een echte winterse dag geen weer om buiten te zijn of om in de tuin te knoeien zo als je je eigen gaat vervelen kom eens kijken bij ons de klaverjas club elken Dinsdag morgen om half elf gegarandeerd een warme zaal en een hete kop koffie met een koekkie wat wouw je nog meer en natuurlijk een potje klaverjassen nooit van gehoord dan moet je zeker komen want dan leer je nog wat op je lateren leeftijd en het kost je niets om het te leeren ,maar we vragen je wel voor Twee dollar voor de versnapering he denk erover na niet te lang want dan wordt de Koffie koud We hadden een kaart drijf op de 8ste junie maar de covid was aan gekomen om het roet in het eten te gooien zo er waren er elf die op kwamen dagen zo om het spel tespelen stelde een speler om naar huis te gaan zodat we met twee tafels van vijf kunnen spelen zo dat was voor mekaar de winnaar van die dag was Lydia Verstappen en tweede was Koos van Nieuwkerk iedereen weer vol daan naar huis.De mandelijkse winaars zijn op de 4de Junie Koos van Nieuwkerk met 5258 punten en 2de Rein Bakker met 5198 punten en op 18de Junie 1ste Wim Slot met 4913 punten en 2de Rein Bakker

met4863 punten. Wel goeie mensen dit dit is mijn maandelijkse epistel ik zou zeggen houd je eigen lekker warm van buiten en van biinen en heel veel geluk in het spel van het leven

Wim



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: _____

Membership: \$30 - Single membership (or \$48 if Echo sent by post)

\$42 - Family membership* (or \$60 if Echo sent by post)

*includes children up to 16yrs of age

Receive Echo by Post: yes no

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Annie van der Dussen – 021 062 5656
Jan Hollestelle – 022 677 5024
Lynda Smit – 021 137 9147
Jack Hoetjes – 027 281 9999
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Affiliated and Other Clubs

Hall Hire – Annie van der Dussen, 021 062 5656
Costume Hire – Marina Wijlaars, 021 0271 8942
Klaverjas Club Ons Genoegen – Wim de Winter, (03) 352 5317
Toenail Culture Ale – Annie van der Dussen, 021 062 5656
Walking Club 'De Landlopers' – Joop Stokvis, 021 0813 3480
Youth of Yesterday – Lilian van Elk, 027 751 9338

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Federation of New Zealand Netherlands Societies

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Echo

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