

A field of white memorial crosses before the Dunedin cenotaph this month commemorates Otago casualties of the 3rd battle of Ypres—which includes Passchendaele, the worst catastrophe in New Zealand's military history—one hundred years after the battle was fought.

Saint Peter's will honour the war dead in a special Armistice Day Service on Sunday, 12 November.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

Shelley. qualified research librarian.

Researching your W1 relative

By Shelley Scoular

o you have a photograph of your relative? If not you may be lucky enough to find one in the books called Onward: portraits of the New Zealand expeditionary force volumes 1 -3 compiled by PJ Beattie and MJ Pomeroy 2013-2015. This series aims to include a photograph of every member of the New Zealand Expeditionary Forces. Volume 4 is complete and will be published soon. The companion website—www.onwardproject.co.nz—has an online index to volumes one to four. If your relative is not already included in *Onward* you can also submit a photograph for inclusion in future volumes through this website.

Each volume is arranged in alphabetical order of name within the volume, with service numbers and source of photograph noted. Copies of volumes 1-3 are available at the Dunedin Public Libraries, or you can purchase your own copies through the website.

Archway archive

Archives New Zealand holds the New Zealand Defence Forces Personnel Records for World War One personnel and these are available online through Archway, the Archives New Zealand database, at https://www.archway.archives.govt.nz/. Searching Archway for your relative is quite straight forward:

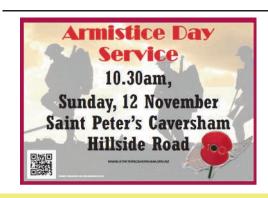
• Enter the name you are looking for in the search box. For example:



(Continued on page 8)



This recently published series "aims to include a photograph of every member of the New Zealand Expeditionary Forces".



Josephine Weipers RIP

By The Vicar

osephine Weipers was born into a church-going family centred on the parish of St Mary's Mornington. Her mother was a Vestry member there, something of a pioneering achievement given the Anglican Church's sluggishness in giving women access to its decision making councils.

Josephine's early family life was marked by some sadness with her Father dying when she was young and a brother dying tragically early.

After marriage Josephine's church-going life was centred on St Michael's Andersons Bay, where she helped then Vicar Father Harold Harding in typing up and bringing together the parish magazine. She remembered him as a disciplined, highly organised priest who liked everything to be well organised and "just so." Already her love of ritual and the theatricality of Anglo-Catholic worship was an important part of her faith.



Josephine Weipers during filming of a parish history segment in 2015.

PHOTO.: INFORMATION SERVICES OTAGO LTD.

The family then moved to Forbury Road. Thus began their association with St Peter the Less. Its Thursday School was particularly helpful for the four Weipers children to receive their Christian instruction. Josephine's clerical skills were again in demand as she wrote out and filed John Teal's visiting notes in a card index system. The women's fellowship group based around Saint Peter's Caversham became a rewarding part of her Christian life.

The closure of St Peter the Less in 1986 meant a transition to Saint Peter's Hillside Road where she would worship for many years. She lived through and experienced the three very different Vicariates of John Teal, Blair Robertson and Carl Somers-Edgar. The latter became a great source of support to her and an agent of the deepening of her faith after the abrupt end of her marriage.

Josephine moved to Frances Hodgkins Retirement Village about a decade ago, with two of her sisters leading the way to this new abode. Soon other Saint Peter's people would join her there to form a mini parish community. For most of these years she was able to get to the Sunday 10.30 Sung Mass and was one of the most faithful members of that congregation. When she could no longer attend the Vicar regularly took her communion. Always her opening question was "how is Saint Peter's going?" Her concern for the wellbeing and future prospects of her parish church was to the fore.

Latterly she moved to Yvette Williams as her health care needs increased. She died there peacefully having received the last rites of the church.

Letters

The Rock welcomes letters to the Editor. Letters are subject to selection and, if selected, to editing for length and house style. Letters

Posted to: The Editor of The Rock, c/- The Vicarage, 57 Baker Street, Caversham,

Dunedin, N.Z. 9012

Emailed to:

TheRockEditor@stpeterscaversha m.ora.nz

Ask The Vicar

For answers to questions doctrinal, spiritual and liturgical.

Write to: Ask The Vicar, c/- The Vicarage as above

Or email:

AskTheVicar@stpeterscaversham.org.nz

ASK THE VESTRY

Questions about the secular life and fabric of the parish may be:

Posted to: Ask The Vestry,c/- The Vicarage as above

Emailed to:

AskTheVestry@stpeterscaversham.org.nz

The Articles of Religion

ISSUED BY THE CONVOCATION OF CLERGY OF THE CHURCH OF ENGLAND IN 1571

XV. Of Christ alone without Sin.

CHRIST in the truth of our nature was made like unto us in all things, sin only except, from which He was clearly void, both in His flesh and in His spirit. He came to be the lamb without spot, Who by sacrifice of Himself once made, should take away the sins of the world: and sin, as S. John saith, was not in Him. But all we the rest, although baptized and born again in Christ, yet offend in many things: and if we say we have no sin, we deceive ourselves, and the truth is not in us.

he Caversham Lectures 201

Tuesday, 7 November: Life with Big Brother: Professor Andrew Geddis



Tuesday, 14 November: Opening the Mind: Professor Grant

Tuesday, 21 November: Wrongful Conviction: Associate Professor Rachel Zajac

In the **Parish Centre** at 7.30pm.

All welcome

Free admission

Tuesday, 28 November: The current state of Anglican Roman Catholic relations : Archbishop Sir David Moxon



Tuesday, 5 December: Citizen Stylist

project : Dr Margo Barton



177 King Edward Street

OR SHOP ONLINE AT

WWW.MCAULIFFEJEWELLERS.CO.NZ/TOP-PICKS.HTML

The local family jeweller and watchmaker for all jewellery, clocks and watches.



03 455 4307



THE MERCHANT NAVY (M. N.)

(3) The Routine

By Jan Condie

very day while at sea nearly everyone aboard was on watch. There were three watches; the 12 to 4; the 4 to 8 and the 8 to

12, day and night. Bridge watch keepers relieved each other for meals in the saloon but engineers had a duty mess, for they could not be expected to shower and change then go back down to the engine room.

The Mate officially kept the 4 to 8 watch but often there was a Fourth Officer, newly qualified, who would deputise for him. The Second Mate kept the 12 to 4 and the Third Mate the 8 to 12.

Similarly, down below the senior engineer, the 2nd. kept the 4 to 8 with the 5th and 7th. Engineers; the 3rd, 6th and 9th Engineers kept the 12 to 4 and the 4th, 8th. and 10th Engineers kept the 8 to 12. There were two Refrigeration Engineers who were on day work outward bound and on watches homeward with a frozen or chilled cargo. The two Electricians were on day work.

Of the ratings in the Engine Room, there were

two Greasers on each watch and also a Fireman in the Boiler Room. On deck there were three sailors on each watch and three on day work. Although the ship was steered automatically by gyro compass, there was always one sailor, the Helmsman, working about the Bridge on a two hour 'trick'. At night one sailor would be on lookout.

"... on lookout on the forecastle head ...".

PHOTO.: PRIMEDIA.CO.ZA.

on the forecastle head for the first hour of his watch. The man who relieved him would do the next two hours while the first man relieved the helmsman for the last two hours of the watch, the first helmsman doing the last hour on lookout.

The Petty Officers in both departments were on day work as was the entire Catering Department.

Part three in a series on how British merchant ships operated in our sea dog's heyday.

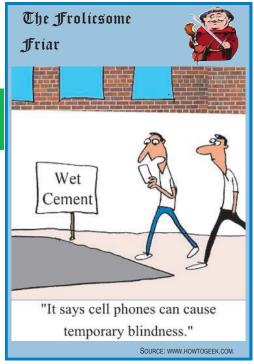
Such a routine might sound rigid, but for the deck officers that was not so. Even in the day of gyro compasses, steam propulsion, radar and wireless, the mates' lives were to a considerable extent ruled by the sun and stars and they altered for no scientist or even for The Master.

From time immemorial the ship's day ran from Noon to Noon and whatever the clocks read, Noon was when the sun was bearing due North (or South). That was why the ship's clocks were changed every other night in order to make the ship's time as near as possible the same as celestial time.

Although most of the crew cursed the Second Officer who, as navigator, ordained that they should loose half an hour's sleep, only the watch keepers were directly affected—the Third Officer most of all for, if Noon were to be at half past twelve he would have to spend extra time on the Bridge because he shared the task of ascertaining the ship's Noon position with the Second Officer who, it would be needless to add, made sure that Noon did not fall before twelve o'clock.

The Fourth Officer took star sights morning and evening to fix the position. He was affected because Nautical Twilight—when he could take star sights—was affected not only by the whims of the Navigator but the latitude of the ship and the season.

It was easy enough when clocks were altered a half or a full hour for each of the night watches to add or lose a third of the time but little things assume an importance beyond their size. At 4am, that extra ten minutes





"The Fourth Officer took star sights morning and evening ...".

Рното.: Ріхавау.сом.

lasts a very long time and when the Fourth Officer scrambles up to relieve you two minutes late and muttering fatuous excuses, it is all one can do to avoid hitting him with the parallel ruler.

Routine was important. It had evolved over

the years as the best way to get the maximum benefit from the day and because it was fixed, paradoxically, it was easy to make allowances for things over which there was no control, like the movement of heavenly bodies.

Next month:
"Getting There" The ss *Caversham*proceeds apace.





Nutritious



National Nut Day

we celebrate an ancient food and its increasingly recognised health benefits, for the modern world.

By Alex Chisholm

vidence exists for very large scale Mesolithic Hazelnut processing on the Hebridean island of Colonsay (Scotland) carbon dated to 9000 years ago. Nuts were used extensively in the Roman Empire and cultivated in China for more than 5000 years. Archeological excavations of a 10,000year-old village in Eastern Turkey uncovered a society based on

harvesting almonds and pistachios. For those concerned to follow the diet of their ancestors, nuts would surely qualify as an important item! In fact because of their nutrient composition—being high in energy and a convenient package of healthy fats, protein, fibre, minerals and vitamins—they may have been a 'survival food' as they would have kept well over the cold winter months. The types of fats in nuts are mainly monounsaturated fats together with some polyunsaturated fats, including plant omega 3 fats in walnuts and smaller amounts of saturated fats. Nuts are a rich source of protein and the amino

acids in nuts may contribute to a reduction in inflammation and help to lower blood cholesterol. In addition nuts contain phyto-sterols, dietary fibre and anti-oxidants. Antioxidants may improve insulin resistance by improving the betacell response to glucose and insulin action. The antioxidants in nuts are



located in the pellicle or outer shell and removing the skin could result in the loss of greater than 50% of the antioxidants present in the nuts.

In spite of their many health benefits one of the main barriers to eating nuts is that they are often thought of as fattening. However, our Nut Research Group at the Department of Human Nutrition has shown that eating 30 grams of nuts per day (a small handful) and in fact up to 60g per day did not cause an increase in body weight. In very many countries regular consumption of 30 g of tree nuts or peanuts is recommended to improve diet quality and to reduce several risk factors associated with heart disease. This effect is more pronounced when nuts are consumed in place of unhealthy foods, which are highly processed with excessive amounts of salt, sugar, saturated fat, and trans fat. There has been a lot written recently about the benefits of diets higher in fat and lower in carbohydrate. This is a nutrient

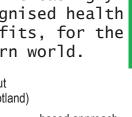
To find out more about the Nut Research Group and our publications go to http://www.otago.ac.nz/humannutrition/research/nut/index.html

You can listen to Jenny Horwell (from 'Uncle Joe's) and Jan Bilton talking about nuts on http://www.radionz.co.nz/national/programmes/ninetonoon/audio/2018618003/nuts-for-nuts

We purchase all hazelnuts for our research from 'Uncle Joe's Walnuts and Hazelnuts'

To try out some of their recipes, go to http://www.unclejoes.co.nz/

The lovely 'buttery' tasting fresh walnuts at morning tea on Sunday 2nd Oct, as well as the hazelnuts in the brownies, came from 'Uncle Joes', in Blenheim.



based approach but for people who want to try this, one easy way to help shift the nutrient balance is to exchange snacks which are



high in refined processed carbohydrate and unhealthier fats for raw unprocessed, unsalted nuts. Nuts are generally low in carbohydrate, which makes up between 4% to 18% of the total energy, depending on the type of nut.

As well as contributing to promoting health and aiding disease prevention nuts can also be useful in special diets to help treat certain conditions. A recently published overseas study documented the positive effects of hazelnut consumption on the lipid and fatty acid profile in a group of children with primary hyperlipidaemia. Dietary intervention is an important cornerstone in the treatment of children with inherited high cholesterol. At the other

end of the age spectrum, large observational overseas studies following tens of thousands of people over many years have found that the health effects of eating nuts was evident well into old age.

The most recent National Nutrition Survey showed that New Zealanders in general tend to eat very few nuts. Maybe National Nut Day will help people to become more aware of fresh nuts as a tasty and healthy addition to their usual diets.

References:

Deon V1, Del Bo' C1, Guaraldi F2, Abello F3, Belviso S4, Porrini M1, Riso P1, Guardamagna O5. Effect of hazelnut on serum lipid profile and fatty acid composition of erythrocyte phospholipids in children and adolescents with primary hyperlipidemia: A randomized controlled trial. Clin Nutr. 2017 May 27. pii: S0261-5614(17) 30196-6. doi: 10 1016/ j.clnu.2017.05.022. [Epub ahead of print]

Fraser GE, Shavlik DJ . Risk factors for all-cause and coronary heart disease mortality in the oldest -old. The Adventist Health Study. Arch Intern Med. 1997 Oct 27;157(19):2249-58

Brown RC, Tey SL, Gray AR, et al. (2016) Nut consumption is associated with better nutrient intakes: results from the 2008/09 New Zealand Adult Nutrition Survey. Br J Nutr 115, 105-12.

Tey SL, Brown RC, Chisholm AW, et al. (2011) Effects of different forms of hazelnuts on blood lipids and αtocopherol concentrations in mildly hypercholesterolemic individuals. Eur J Clin Nutr 65, 117-124

https:// www.odt.co.nz/ lifestyle/food-wine/ news-features/whatnut-researchsupports-healthbenefit-claims

All forms of raw nuts (ground, sliced, or whole) may significantly improve cardiovascular risk factors. Pure nut butters without added salt and sugar also

Unprocessed raw nuts are low in sodium and each 30g serving provides up to approximately 9% recommended dietary intake (RDI) of folate, 1%

to 8% calcium, 9% to 35% magnesium, 18 to 58% copper, 3% to 12% potassium

♦ 30-35g nuts per day especially hazelnuts or almonds

(Continued on page 5)

In Snint Peter's Garden

By Marwick Harris

Garden before the Monastery

hen visiting St Petersburg and Moscow, Russia, in late September with Deirdre and a group of 38 other tourists from a variety of countries, I learnt much about the splendours, excesses and tragedies of the Russian Noble families and the Soviet era. This brought many surprises. Fortunately, we were led by a very experienced Insight Vacations organiser who planned and arranged visits to touristic sites.

This involved engaging local guides proficient in English and with excellent knowledge of the places visited. Our tour was late in the tourist season which is limited in length because of the very cold winters of central Russia. We were nevertheless crowded by other parties of tourists, predominately Chinese. Aided by streamlining of visa requirements for Chinese by the Russian Federation their number in 2017 reached five million



Tourists and pigeons before the Monastery
Gate. Find more photo's in our website
Photo. Gallery.

PHOTO'S.: DEIRDRE HARRIS.

Nutifacts

Our organiser, mindful of inevitable crowding, arranged early departures from our hotels to beat hordes of tourist parties. Each party was kept together by the radio intercoms of guides who led them though ticketed entry gates to assemble them at key places and before objects of interest.

On 29 September, the festival of Michaelmas, the day's tour took us through countryside surrounding Moscow to visit the monastery of the Holy Trinity St Sergius, Lavra, spiritual home of the Russian Orthodox Church. Dotted though the countryside were dacha, like our baches or cribs, of wealthier Muscovites and the more modest dwellings of descendants of Russian peasantry.

Unexpectedly our bus stopped at one of the latter properties. It had

land about the area of a quarter acre section, mostly vegetable garden interspersed with

flower plants and with a modest wooden ornamented house. The property owner greeted each of us at the gate with a handshake, his large black dog contained in a wire cage snarled and barked at us for our intrusion of its territory and the woman of the establishment was busy digging up and sorting carrots.

It seemed a natural thing for me to embrace the man as a fellow gardener and reward him for his enterprise with a few roubles (there are 40 of these for a NZ dollar). Only later did I become aware that part of St Sergius' ascetic

life in solitude was work in his garden to grow food to support a meagre existence.

Born in 1314 and baptised Bartholomew, St Sergius and his elder brother Stephen established a hermitage in thick forest and built themselves a cell and small church. This was the founding of the Monastery of the Holy



" ...a fellow gardener ...".

Trinity, Lavra. Stephen could not tolerate the cold of winter and scarcity of food and left for a more comfortable urban life in Moscow.

It is too much here to describe the current splendour and complexity of St Sergius' monastery. Having survived the suppression and cultural vandalism of the Soviet era it is now home to 300 monks free to practice their faith and to disperse it throughout Russia.

Within the defensive wall of the monastery are ten churches and many other

places of significance, with carefully tended gardens throughout the monastery grounds. One, leading up to the church of the Descent of the Holy Spirit upon the Apostles, contains the graves of more recently departed clergy.

When we arrived at the monastery there were a few tourist buses parked on the large cobbled area before the monastery gate. When we left in the afternoon the area was crowded with buses and we had to search to find ours. There was a horde of pigeons on the area, scathingly described by our guide as "the rats of the air", who are encouraged by being fed by the most numerous of the ethnic groups visiting the monastery!

Ironically, one of the pivotal events of St Sergius' life was a vision he had of a multitude of birds on the walls of the Monastery and the clearing around it. A voice said to him "The number of your monks will be as the number of the birds, and it will not decrease if they follow your path." I think the pigeons will be safe.

■

(Continued from page 4)

can contribute markedly to meeting our daily requirement for vitamin E

- Brazil nuts contain substantial amounts of selenium, an essential trace element. One to two Brazil nuts in the diet significantly enhances selenium status and antioxidant activity
- Nut consumption among the New Zealand population is generally lower than recommended-but
- Our research shows people tend to like nuts, even after eating them daily for a several weeks—they don't get bored with eating them! So eating nuts regularly can become a habit
- The recommendation for maximum health effects is to eat 30g per day, five times per week. Smaller amounts eaten less often are also good
- Frequent nut consumption could be an effective way to achieve essential nutrient intakes and maintain general well being
- Nut consumers tend to have better nutrient intakes than non-nut consumers.

Kit Bunker's story

As told to Michael Forrest

Government's Overseas Aid

it (Christopher) was born in Halstead, near Colchester, Essex, England. His father was the local registrar of births, marriages and deaths but as it was wartime

he had a lot of other responsibilities as well. One of these was administering the Poor Law, requiring travel in restricted military areas. This freedom was potentially useful to the war effort, as unknown to all his family Dad was also the local liaison-officer of Churchill's plans for resistance if Hitler had invaded England—a real possibility in the early stages of the War. These plans included withdrawing able-bodied men from the Army on a false pretext and employing them on farms to ensure there were trained men available to use the weapons being secreted in the countryside 'just in case'.

Kit went to St Andrew's C. of E. primary school in Halstead then, after passing an exam (the dreaded 11+) went to Colchester Royal Grammar School, which he enjoyed. A detention led to his being taught scientific methodology by a history-teacher, a Mr Hall, who put the boys to work with spade and trowel doing archaeological research on the rugby-field (out of season!). Kit learnt from this how to do science—to form a hypothesis then set out to prove it right or wrong.

Kit went to Marion's Teachers' College in Chelsea, London, met his first wife Elizabeth (Liz) and began to settle down as a science teacher. They initially set up home in Caterham, an outer suburb of London; commuting to London for Monday nights where they literally sat at the feet of Prebendary Colin Kerr of Portman Square and listened as he expounded the Gospel of Christ. This is the closest Kit ever came to formal theological training.

Kit and Liz soon found themselves looking for something more exciting and better paid to do; what about working overseas? They went by sea to Mombasa and by train to Uganda when Kit found a posting as an education-officer under the British

Scheme for developing countries. Their first two children, Catherine and Simon, were born there. During this time in Uganda Kit and Liz enjoyed marvellous school holidays in Rwanda, Burundi and Congo (he likes climbina volcanoes), or travelling through the game parks of East Africa to end up in Mombasa for the 'cold season' of August. After several glorious years Idi Amin made things too difficult so Kit and his family went back to Britain, where their third child, James, was born. Then followed seven years during which Kit and

Liz both went to university, Kit as Sidney Perry Fellow researching equipment and teaching methods for geophysics education, Liz reading Ergonomics (the Americans call that 'Human Factors Engineering'). But Kit and Liz pined for the tropics, so off they went to Papua New Guinea where Kit lectured at Goroka Teachers' College and Liz ran the 'Highland Weavers', an organisation providing employment for disabled Papua New Guineans. Part of the gradually increasing turmoil of these years in Papua New Guinea left Goroka Anglican Parish without a priest: Kit was made a Deacon so he could help run the parish on a nonstipendiary basis.

From Goroka the family moved to Australia: it was time to move as Catherine was ready to go to university and life in PNG was becoming unpredictable and no longer reliably safe. As a teacher Kit found it easy to enter Australia and the family lived in Brisbane for thirty years. In Australia Kit was fortunate to win the Shell Post Graduate Fellowship. This enabled him to investigate the

> mechanics. Kit was active in his local Anglican parish and

Kit Bunker pictured last month.

PHOTO.: INFORMATION SERVICES OTAGO LTD. travelling in the

preaching in one or another of the many small (or even improvised) Churches. As a Deacon Kit often travelled with Consecrated Elements... but there was clearly a need for someone able to take communion services as and when needed. Suddenly, and totally unexpectedly. Kit's Bishop ordered him to present himself for ordination as a Priest. This was a considerable shock to the system.

potential for the

mechanical excavation of

to a PhD in rock-fracture

strong rock, eventually leading

took to spending

many of his Sundays

(Moreton) Bay Islands

Eventually Liz wanted to go overseas again so Kit and Liz did a two-year stint as volunteers to a mission school in Zambia. It was a shock to realise that malaria had become a frequently untreatable scourge as the parasites had built up a resistance even to the most powerful anti-malaria drugs. On

> his return Kit began looking at the aerodynamics of mosquito-trapping, but eventually recognised that even though he had been invited by the University of Queensland to research mosquitotrapping, his new

(Continued on page 7)



433 Princes Street, Dunedin

www.ond.co.nz

477 6801

Regular Services

(for variations consult The Pebble or our website)
All services are held in Saint Peter's unless noted otherwise

SUNDAY:

8am: Holy Communion according to the Book of Common Prayer 10.30am: Solemn Sung Eucharist

5pm: first Sunday of the month only: Evensong and Benediction followed by a social gathering in the lounge.

THURSDAY:

10am: Eucharist

FIRST THURSDAY OF EACH MONTH:

11am: Eucharist in the lounge of Frances Hodgkins Retirement Village, Fenton Crescent

Special Services

Contact The Vicar to arrange baptisms, weddings, house blessings, burials, confessions and other special services.

Parish Contacts:

VICAR:

Father Hugh Bowron, The Vicarage, 57 Baker St., Caversham, Dunedin, New Zealand 9012. (03) 455-3961 <u>Vicar@stpeterscaversham.org.nz</u>

CHURCH WARDENS:

Vicar's Warden:

Tubby Hopkins (03) 454-2399

VicarsWarden@stpeterscaversham.org.nz

People's Warden:

Kate Paterson (03) 455-5384

PeoplesWarden@stpeterscaversham.org.nz

VESTRY SECRETARY:

Vestry@stpeterscaversham.org.nz

DIRECTOR OF MUSIC

AND PARISH CENTRE MANAGER:

David Hoskins

Telephone: (03) 453-4621

ParishCentre@stpeterscaversham.org.nz

FINANCE:

Danielle Harrison (03) 455-0759

Finance@stpeterscaversham.org.nz

The Rock is published by The Anglican Parish of Caversham, Dunedin, N.Z.

EDITORIAL TEAM:

David Scoular

Telephone (03) 454-6004

TheRockEditor@stpeterscaversham.org.nz

The Vicar, Father Hugh Bowron

Telephone (03) 455-3961

The Vicarage, 57 Baker Street

Vicar@stpeterscaversham.org.nz

ADVERTISING QUERIES:

The Rock Ads@stpeters caver sham.org.nz

PRE-PRINT SERVICES BY: Information Services Otago Ltd.

PRINTED BY: Dunedin Print Ltd.



The October Vestry Meeting is scheduled for after press date for Œthe ℜock. You'll find a summary in The Pebble for 29 October.

■



(Continued from page 6)

knowledge would not lead to a cheap and effective machine to fence people from malarial mosquitoes.

At this point serendipity played its hand: Kit accidentally discovered a way to trigger peripheral-field stereopsis through using his amblyopic left eve. Amblyopia is a visual condition whereby people have monocular rather than stereo vision which prevents their effectively reading body-language and this hinders their social interaction. It affects around 3% of the population. This discovery has been life-changing for Kit; for the first time in his life he is able to read body-language. Thanks to a substantial Australian government grant the gadget he invented, properly engineered, is currently undergoing clinical trials. It would be wonderful if the gadget proved able to help even a

small proportion of the millions of amblyopes worldwide.

Kit would never have been able to do the wild and extraordinary things he has done without the support of his late first wife. An example of Liz's human-factor engineering was to design cheque-holding racks to prevent bank officers suffering from back-ache. She was an expert on the design of cabs for cranes. Liz was very tall, very bright and never uttered a "received opinion" (i.e. she always thought things through and made up her own mind). She died a "horrid" death from cancer which left Kit totally devastated.

Liz had set up a sort of clergy-spouse group, and through this, years ago, Liz and Di became firm friends. After Liz died Di and Kit fell in love and married, but kept their old passports.

For your diary

Tuesday, 7 November: 7.30pm: Caversham Lecture. Dr Andrew Geddis discusses our

current legal and human rights in the light of recently enacted

surveillance and counter-terrorism legislation

Sunday, 12 November : Armistice Day Service at 10.30am

Tuesday, 14 November : 7.30pm : Caversham Lecture. Professor of Biomedical ethics Grant

Gillett . Opening the Mind: Confessions of a brain surgeon

Sunday, 19 November: Reverend Jonathan Hicks is guest preacher

Tuesday, 21 November: 2pm: Fellowship afternoon tea to meet Teresa Hicks

7.30pm: Caversham Lecture. Rachel Zajac, University of Otago psychology department, specialist in forensic psychology. Wrongful Conviction—what goes wrong when wrongful

convictions occur

Sunday, 26 November: Feast of Christ the King. Archbishop David Moxon presides and

preaches

Tuesday, 28 November: 7.30pm: Caversham Lecture. Archbishop David Moxon. The

current state of Anglican Roman Catholic relations

Tuesday, 5 December: 7.30pm: Caversham Lecture. Dr Margo Barton. Citizen Stylist

project

Wednesday, 6 December: 6pm: Fellowship Christmas Dinner at St Barnabas

Researching your WW1 relative

(Continued from page 1)

 When you get a summary of results you need to click on go as highlighted below:



• then choose from the list the entry with the name and WW1 service number. For this example, one of the names on the Roll of Honour for World War One in the Church entrance, there are two possibilities:



Life is full of changes
Family, friends, finances, locations... life is constantly changing.

You will notice that Gillions changes too. We are always looking for new and improved ways to help you get through one of life's most difficult tasks. With up-to-date technology and a high level of expertise, our staff are here for you.

CILLIONS
Ph: 03 455 2128 [24 hour]
407 Hillside Rd, Sth Dn, 9012 www.gillions.co.nz

So we need to download both (see at right) and have a look at them to find the one we want. The first Herbert Martin is from Fielding and the second is from 182 Cargill Road (now Hillside Road), South Dunedin so we have found our man. This record has twenty pages and sadly he died only seven months from enlisting. Some records are over one hundred pages long, but unfortunately with most records you can view and print only one page at a time online.

It is useful to read these records in conjunction with the official histories of the regiments, so you'll want to make a note of your relative's military unit.

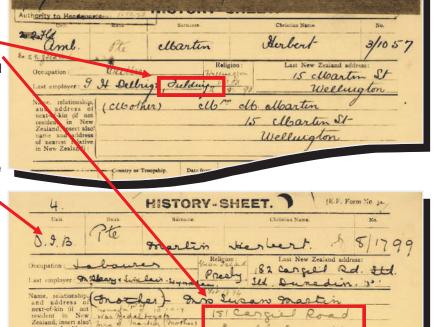
Print versions of official regimental histories are held at the Dunedin Public Libraries and are also available online at http://nzetc.victoria.ac.nz/tm/scholarly/tei-corpus-WH1.html.

So now you can find out what the regiment was doing and where your relative was at any time during the war. You can also see what action happened at the time your relative was injured or killed.

Other sources

There are many other sources of information on New Zealanders in World War One. Some useful ones are:

- Troop ship magazines which were produced by soldiers going to and coming home from war. The Dunedin Public Libraries hold one of the best collections of these magazines which are also being made available online by the Auckland War Memorial Museum at http://www.aucklandmuseum.com/collections-research/collections/topics/nz
 *wwi-troopship-magazines
- www.ww100.govt.nz is a website and programme of events coordinated by the government to commemorate New Zealand in WW1.
 Part of this is the "h" series of photographs taken by Henry Armytage



Sanders, official war photographer from 1917-1918. Many of these are available to download from the website.

◆ The Commonwealth War Graves Commission https:// www.cwgc.org/ has a search engine to find out where your relative's overseas grave or memorial is.