



Anglican Parish of
Cabersham Saint Peter,
Dunedin, New Zealand

THE ROCK

April 2015—Eastertide



Exciting year developing

2015 for Saint Peter's is shaping up to be a year with more than the usual special features. As well as the 150th anniversary celebrations in September—and the very special events included there—a number of other activities promises to fill out a year of interest and excitement.

February and March saw a number of special events, from a parishioner's 90th birthday, to the use of the Church to stage *Queen Catherine's Masque*—part of the Festival of Early Music—to a successful Garage Sale in the Parish Centre.

First of the major liturgical events was Holy Week and Eastertide, with the magnificent Easter Vigil Service a jewel in the crown of the Paschal Season. Many of the Holy Week and Easter Services attracted greater numbers than in recent years and The Vicar says many of our visitors and new parishioners first meet Saint Peter's through our web site.

AGM

Vestry changes

The Parish AGM on Sunday, 26 April elected a slightly enlarged vestry. Kate Paterson was re-elected as People's Warden and Tubby Hopkins had earlier been confirmed to continue as Vicar's Warden.

Joy Henderson did not stand for election this year, bringing to an end 15 years' of vestry service, including some as People's Warden. Many thanks to Joy for all this work.

The Vicar's and People's Wardens and The Vicar are vestry members ex-officio, so the new group boasts ten people—useful additional firepower for what is going to be a very busy year.

Next up is our Patronal Festival at which a major cathedral choir is to sing the 10.30 service—see more in *Rock Music* on page 2. Then attention turns to our 150th anniversary weekend in September which includes an organ recital by one of New Zealand's leading city organists—more on this also in *Rock Music* (still on page 2).

Then, in November, The Caversham Lectures will be held—this year a series by notable University of Otago staff.

In the year we celebrate 150 years, there is proof of plenty of life in the parish yet.

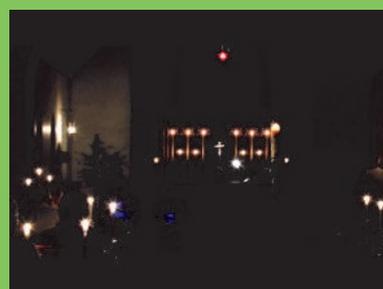


The new vestry comprises

- ◆ Heather Brooks
- ◆ Alex Chisholm (new member)
- ◆ Ian Condie
- ◆ Ken Ferguson (new member)
- ◆ Jonathan Gillies (new member)
- ◆ David Hoskins
- ◆ David Scoular
- ◆ Vicar's Warden (Tubby Hopkins)
- ◆ People's Warden (Kate Paterson)
- ◆ The Vicar.

Annual reports of The Vicar, Churchwardens and Treasurer are available online in the Parishioner Login pages of our website.

Scenes from the Easter Vigil



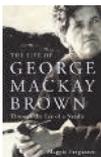
From top: The Ceremony of New Fire, the Church by candlelight, Confirmation and Reception into the Anglican Church.

PHOTO'S: FROM THE VIDEO BY INFORMATION SERVICES OTAGO LTD.

- ◆ You can view highlights of the service, or the service in full, on our website. Select *Services at Saint Peter's* from the menu

Easter film season

Three still to come



5 May: George Mackay Brown—Hamnavoe

One of Owen Sheers' documentary series *A Poet's Guide to Britain*, profiling the famous Orkney poet and one of his better known poems.



12 May: Buck

A documentary about Buck Brannaman, America's most accomplished horse whisperer who transcended the appalling abuse dished out to him by his father to develop a remarkable empathy for the animals he works with, who he most likely diagnoses as horses with people problems, i.e. their owners.



19 May: The Secret Life of Words

Tim Robbins and Sarah Polley put in stunning performances in an Almodovar film in which a wounded oil worker forms an unlikely and emotional relationship with a nurse based on his need to divulge the secrets of his past and her mysterious silence about her own identity. One of the Vicar's top five films.

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Celebrated visitors expected



Douglas Mews

PHOTO.: [HTTP://DOUGLASMIEWS.WEBWEKA.COM/](http://DOUGLASMIEWS.WEBWEKA.COM/)

Described on its website as “the only professional choir of boys and men in New Zealand and one of only two in the southern hemisphere”, the Christchurch Cathedral Choir (pictured below right) is slated to sing the 10.30 Service in Saint Peter's for our Patronal Festival on 28 June.

Guest preacher is the Reverend Aaron Douglas, assistant priest at Gladstone parish church Invercargill and travelling secretary for Scripture Union for Otago and Southland.

And later in the year, Douglas Mews, currently Artist Teacher in organ and harpsichord at the New Zealand School of Music in Wellington and a former Wellington City organist is expected to perform an organ recital in Saint Peter's as part of the parish's 150th anniversary celebrations.

The recital is scheduled for 2pm on Saturday, 26 September, immediately after registration for the weekend is complete.

Letters

The Rock welcomes letters to the Editor. Letters should be no more than 150 words in length and are subject to selection and, if selected, to editing for length and house style. Letters may be :

Posted to : The Editor of The Rock,
c/- The Vicarage, 57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

Emailed to:

TheRockEditor@stpeterscaversham.org.nz

Ask The Vicar

For answers to questions doctrinal, spiritual and liturgical.

Write to: Ask The Vicar,
57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

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, 57 Baker Street,
Caversham,
Dunedin, N.Z. 9012

Emailed to:

AskTheVestry@stpeterscaversham.org.nz

Letters

Easter, we are taught, is sorrow followed by joy but in this imperfect world it is not always so.

A certain popular cafe on the route between Dunedin and Central Otago is staffed by local ladies. It had the misfortune to suffer a breakdown of its automatic dishwasher over the busy Easter week.

We must surely extend heartfelt sympathy over the emergency cancelling of holiday plans and the unaccustomed manual labour, not to mention the embarrassing use of hand lotion the breakdown must have caused.

Ian Condie.



PHOTO.: WWW.CHRISTCHURCHCATHEDRALCHOIR.COM



SPUD MURPHY (2)

By Ian Condie



The Pool of London docks in the mid-1930's.

PHOTO: WWW.NAVAL-HISTORY.NET

Ships in the London docks were forbidden to use their toilets which were supposed to be kept locked. This was to prevent the already highly polluted dock water from becoming even more so.

In the rain a dash of several hundred yards was unpopular to say the least. Therefore illegal use was made of the facilities on board. Alas, one such user was careless and the results were deposited on the deck of a barge lying alongside.

The bargee, rightly incensed, confronted Mr. Murphy who was Officer in Charge and demanded to know what he was going to do about it. Spud's reply was succinct if unhelpful. "Nothing", he said.

The complainant, somewhat nonplussed, then asked what he should do about the evidence and Spud's reply was no more helpful. "Take it to the nearest police station", he advised, "and if its not claimed in thirty days you can keep it".

The last act was played out in the East Ham Magistrates' Court when, it was said, the magistrate was trying so hard to keep from laughing that he was barely able to fine Spud one pound—which the offender refused to pay. Happily the shipping company paid, thus saving Spud from prison.

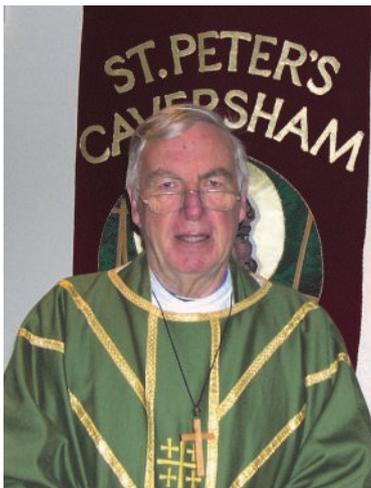


IMAGE: WWW.JKEYLEGAL.COM

Final visit?

The Reverend Roger Barker celebrated at services in Saint Peter's on 12 April while The Vicar visited family in Australia.

In thanking Mr Barker for his work as locum during various absences, The Vicar said "It was good to know I had left the parish in sound liturgical and preaching hands." - certainly parishioners will miss this popular visitor who has said he will retire from the work and that this was his last visit as fill-in celebrant.



Mr. Barker at Saint Peter's in 2012

The Rock of August 2012 reported Mr. Barker as saying he had already retired three times in two years though, so perhaps there is hope for a reprise.

Year 150



plus ça change

Excerpts from the parish magazine of April, 1955

PARISH REGISTER

Holy Baptism: Christopher Don Baker, Ian Colin Friend, Noel Glue, Wendy May Hicko, Diane Gay Maharey, Lindsay Chappell, Colin Neil Chappell, Kenneth Charles Pink, Stephen Barry Pink, Christine Judith Pink, Johanna Mary Mitchell, Elizabeth Hildred Rodgers.

Holy Matrimony: William Ivan Glass to Barbara Carroll Fahey, Laurence William Cessford to Margaret Ailsa Colston, Thomas James Dobson to June Kathleen Goodman, Mervyn Iva Hannan to Dora Beryl Williams, Albert Victor Grindley to Ora East, Nicholas James Hanancia to Dawn Lorraine Fretwell.

Burials: Lillian Jemima Tait (70), Ruruhara Maud Tull (49), Annie Elizabeth Mee (76), Edward Albert Nathan Falck (85), John Cole (64), Catherine Peake (87), Charles Wemsee (83), John Samuel Farquharson (29), George (57), Robert Edward Alexander (54).

ENVELOPE SYSTEM

The system which keeps our parish finance sound. Have you joined? Ring the Secretary, Miss Fleet, 28-000/6385 M. New Subscribers: Miss Butcher, M...



Nutritious

The inestimable value of good nutrition

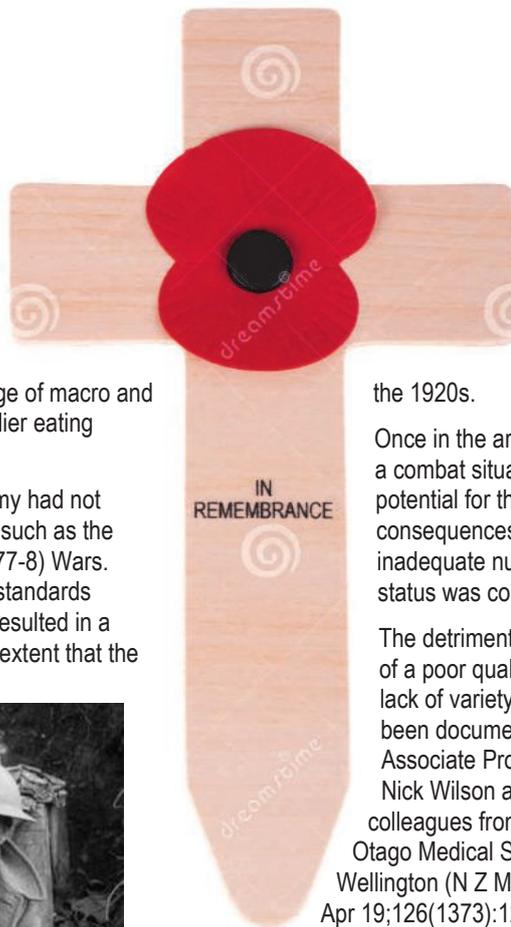
By Alex Chisholm



As a result of the negative changes in the Victorians' diet after 1880, the health of men had deteriorated to such a degree that in 1900 in Britain, half of the men volunteering for the second Boer War were rejected because of being too undernourished. It was not that they were starving due to lack of calories, but the quality of their food was poor. They had been eating the wrong foods and thus their

diets were low in the wide range of macro and micronutrients available in earlier eating patterns.

Rejection of recruits by the army had not been a problem in campaigns such as the Asante (1873-4) and Zulu (1877-8) Wars. However the fall in nutritional standards between 1880 and 1900 had resulted in a reduction in height to such an extent that the



the 1920s.

Once in the army and in a combat situation the potential for the health consequences of inadequate nutritional status was compounded.

The detrimental effects of a poor quality diet and lack of variety have been documented by Associate Professor Nick Wilson and colleagues from the Otago Medical School in Wellington (N Z Med J. 2013 Apr 19;126(1373):12-29). For example, at Gallipoli the

exceptionally low level of vitamin C lead to scurvy and the widespread habit of smoking could have contributed as this increases the body's requirement for vitamin C. The military rations also appeared to be deficient, by modern nutritional standards, in vitamins A and E, potassium, selenium and dietary fibre. Difficulties with supply, long transport time, degradation of micronutrients by the drying and canning methods of the time, prolonged-heating cooking methods used with the food when it arrived and lack of a good supply of clean, safe water, all compounded the problems. The high sodium content of the rations would have exacerbated thirst, and lack of vitamin A resulted in impaired immune function and reduced protection against infectious disease mortality.

Illness, particularly dysentery, would have reduced the ability of the body to absorb the nutrients which were available. According to the analyses of Wilson et al who "optimised" the military rations, using canned and dried foods available in 1915, only six foods would technically be required to meet all nutritional requirements: bread, flour, cheese, rolled oats, dried peas and canned tomatoes. This ration would have supplied less saturated fat, and sodium, but more polyunsaturated fat, calcium, iron, potassium, selenium and vitamins C and E and thiamine—all for less cost but for a similar weight.

Commenting on Wilson's paper, G.W. Rice (N *Continued on page 5*)



WW1 British soldiers "at table".

SOURCE: [HTTP://CDN.IMAGES.EXPRESS.CO.UK/IMG/DYNAMIC/129/590X/BATTLE-FEED-TOMMY-502452.JPG](http://cdn.images.express.co.uk/img/dynamic/129/590x/battle-feed-tommy-502452.jpg)

infantry reduced the minimum height for recruits from 5ft 6 inches to 5ft 3 inches. That most of the men now came from the cities rather than the country may have played a role, as the lack of sunlight in urban slums had led to rickets (due to Vitamin D deficiency), already reducing the height of young male volunteers.

This may not be the whole story as clean air legislation was taking effect, however the "improved" dietary intake coming from high fat, high sugar processed food, a lack of fresh local food and an increase in salt from imported tinned meats (see *The Rock* March 2015) had taken effect on the 16-18 year old cohort. Thus the army had to reduce the height requirement still further to only 5ft. In New Zealand, there are indications that men experienced stagnation and regression in stature over fifty years extending from the 1870s to



Nutritious

(Continued from page 4)

Z Med J. 2013 Apr 19;126(1373):7-9.) states “These troops were seriously under-nourished, yet they showed remarkable resilience and bravery under appalling conditions. On the other side of no-man’s land, the Turkish soldiers enjoyed a diet remarkably similar to that of the legions of ancient Rome: wheat bread, olive oil, nuts and dried fruits.” He speculates on what the ANZACS may have achieved if fed from a modern army field kitchen.

The situation as regards food on the Western Front was somewhat better with the possibility of supplementing the rations with local fresh food. In view of this it is comforting to know that in the modern New Zealand Defence Forces the situation is very different. In her New Zealand Listener article, of 21 April 2014, Jennifer Bowden interviewed Major Nicola Martin, Senior Dietitian in the New Zealand Army, about the situation today and

her role in keeping New Zealand’s soldiers “properly fed and watered” to ensure peak performance and operational readiness.

Wilson’s comment that “Troops need to be fed what they’re used to and be given variety to avoid the boredom that drives down morale” is endorsed by Martin. “When it comes to soldiers, food equals morale. And when you think back to what those poor guys went through in 1915, it didn’t take long for their morale to hit very low levels.” Today’s ration packs, she says...“consist of predominantly New Zealand-sourced ingredients and meals ranging from traditional home-style meals such as chicken casserole and beef and vegetable stew through to more ethnic varieties, such as chilli con carne and butter chicken”. This attention to optimal energy and nutrient requirements and the supply of palatable rations in a convenient form, easy to consume even under combat stress, is in stark contrast to the provisions available on Gallipoli but also demonstrates the advances in nutritional science. 

References:

Wilson N, Nghiem N, Summers JA, Carter MA, Harper G. [A nutritional analysis of New Zealand military food rations at Gallipoli in 1915: likely contribution to scurvy and other nutrient deficiency disorders.](#) N Z Med J. 2013 Apr 19;126

“For supper we had nothing more than those tough square biscuits given to us as rations—they were so hard a man could break his teeth on them. I had three days’ provisions with me, but was warned that they might have to last for five days. So I took care not to dip too deeply into my provision bag. Someone offered me the bottom of a can of tea, which helped to wash those tough biscuits down.”

LOCH, SYDNEY. *TO HELL AND BACK: THE BANNED ACCOUNT OF GALLIPOLI*, SYDNEY, NSW: HARPER COLLINS, 2007, P89.

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(1373):12-29.

Rice GW. Nutrition and disease: lessons learnt from Gallipoli. N Z Med J. 2013 Apr 19;126(1373):7-9. Comment on [A nutritional analysis of New Zealand military food rations at Gallipoli in 1915: likely contribution to scurvy and other nutrient deficiency disorders.](#) [N Z Med J. 2013] <http://www.listener.co.nz/lifestyle/nutrition/losing-battle/>



“We have just had dinner. My new mate was sick and couldn’t eat. I tried to and would have but for the flies. I had biscuits and a tin of jam. But immediately I opened the tin the flies rushed the jam. They buzzed like swarming bees. They swarmed that jam, all fighting among themselves. I wrapped my overcoat over the tin and gouged out the flies, then spread the biscuit, held my hand over it, and drew the biscuit out of the coat. But a lot of flies flew into my mouth and beat about inside. Finally I threw the tin over the parapet. I nearly howled with rage. I feel so sulky I could chew everything to pieces. Of all the bastards of places this is the greatest bastard in the world.”

TEXT: PUGSLEY, CHRISTOPHER, AND JOHN LOCKYER. *THE ANZACS AT GALLIPOLI: A STORY FOR ANZAC DAY*. AUCKLAND: REED, 1999, P18.

Image: Group of officers eating a meal in their dugout.



British-made army issue ration biscuit, 'Huntley & Palmers Army No 4', made by the well-known biscuit manufacturers Huntley and Palmers during the First World War. Together with tinned bully beef, these biscuits formed the basis of the military rations eaten by Anzac and British soldiers during the Gallipoli campaign. This monotonous diet was unsuited to the warm climate and lacking in vitamins.

The bully beef usually disintegrated into a runny mess in the heat, while the rock-hard biscuits exacerbated or caused dental problems amongst troops on the peninsula.

SOURCE: [HTTP://WWW.NZHISTORY.NET.NZ/MEDIA/PHOTO/ARMY-ISSUE-RATION-BISCUIT](http://www.nzhistory.net.nz/media/photo/army-issue-ration-biscuit), (MINISTRY FOR CULTURE AND HERITAGE), UPDATED 16-APR-2014

Looking back

By Ray Hargreaves



PHOTO'S: INFORMATION SERVICES OTAGO LTD.

In the left side of our church there is a memorial window dedicated to the memory of the 13th vicar (including locum tenens) of Saint Peter's, namely Reverend John Lawrence Mortimer. He was born in Christchurch in 1880. His father, Reginald A. Mortimer, was also an Anglican priest and took his family to England in mid-1886.

John Mortimer received all his education in Britain, including a B.A. from Oxford in 1902. For the next nine years he occupied curacies in three different parishes. His father died in Britain in 1904 and John returned to New Zealand in 1911, at first assisting in the Christchurch parish of St Michael's, then becoming the first vicar of St Stephen's in Shirley. In 1915 he moved to Saint Peter's.

Mortimer was active in Anglican affairs in the city. He was at times assistant editor of the Diocesan paper, the *Church Envoy*, a member of the Diocesan Standing Committee, associated with the Memorial Boys' Home and a governor of Selwyn College. He also found time for a few years to play cricket for the Carisbrook Club.

The Reverend Mortimer was a learned priest with a great knowledge of, and interest in, social and economic matters. He was known as a fearless supporter of socialistic causes. After his

death a speaker at Synod described him as "a brilliant preacher and priest". He held strong convictions, but he "had not learnt the art of compromise and diplomacy. He did not know how to wobble."

At the end of 1919 a serious illness forced Mortimer to take leave of absence. He returned to Christchurch, but it was to no avail. He died on 22 March 1920. ☒



Children in Church

Ms. Terri asked her Sunday School class to draw pictures of their favourite Bible stories. She was puzzled by Kyle's picture, which showed four people on an airplane. She asked him which story it was meant to represent. "The Flight to Egypt," was his reply. Pointing at each figure, Ms. Terri said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?" "Oh, that's Pontius - the pilot!" ☒

WITH THANKS TO KATE PATERSON AND HER FRIEND.

Saint Peter's People

(Continued from page 8)

Helen Deem Kindergarten. Then she was the receptionist at Farra Engineering for another five years until she was made redundant, only to be invited back for a further five years! Her final employment was as telephonist then receptionist at Markhams Clarke Craw Ltd, Chartered Accountants. For hobbies she loves cooking, reading and gardening (she belongs to a gardening club), and spoiling "her little baby" Teddy the dog, a white toy poodle.

With her lifelong total involvement in the life of the parish, Raylene is truly a stalwart of St Peter's. ☒

Year 150 How you can help A SLICE OF OUR HISTORY



Some progress has been made regarding a collection of recipes and information to reflect the food available, in earlier decades, in New Zealand in general, as well as in Dunedin. However we are also interested in information regarding gardens or food sources particularly in the Caversham, South Dunedin area. If you have recipes or information you would be willing to share I should be most grateful. These could be posted or e-mailed. In addition if you attend services at Saint Peter's and are prepared to bring your recipes with you I can photograph them—you wouldn't have to leave anything with me (as I attend the 10:30am service I would need advance warning to come to the 8am service). I have noticed from reading the decade menus and related information from Professor Helen Leach's very interesting book *Kitchens* that several menu items keep reappearing. Thus it could be that some relatively recent favourites are reflective of much earlier times.

Contact: Alex Chisholm : email 150th@stpeterscaversham.org.nz or post c/- The Vicarage, 57 Baker Street

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(for variations consult *The Pebble* or our website)
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SUNDAY:

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

Evensong and Benediction on the first Sunday of the month at 5pm.

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.



Vestry Notes

By Ian Condie,
Vestry Secretary

At its April meeting on Wednesday 22, the Vestry had a guest in the person of Nicola Taylor, the Manager of Anglican Family Care, who gave a comprehensive talk on the composition and activities of that organisation and, although constrained by current industrial disputes, answered many questions put to her.

The Vicar reported that Holy Week was successful and there had been a very good response to the change in the time of services from 7.30 to 5 PM. There has been a noticeable increase in the number of visitors to our services, many of them having been attracted by our web site.

Our finances are in a satisfactory state. The trustees of the D'Arcy Christopher Trust were pleased with their visitation and we are privileged to be able to use some of that money for our 150th celebrations. That will make it easier for us to enjoy the presence of visiting musicians for the occasion.

Planning for that anniversary continues, one might say, furiously. The question of how much we can charge for what promises to be a weekend packed with various uplifting and entertaining delights was debated at length and since all members are good Dunedinites, the competition was to keep the charge as low as possible.

Perhaps it was fitting that Vestry worked overtime on its last meeting before the A.G.M. After all, depending on the outcome of the elections on that occasion, some only, or none of us might be at the next meeting. ☹

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<http://www.givealittle.co.nz/org/SaintPeters>

For your diary

Tuesday, 5, 12 & 19 May : Film season—see page 2

Saturday, 6 June : Pentecost Vigil Service at 6pm

Sunday, 28 June : Patronal Festival. Guest preacher is the Reverend Aaron Douglas, assistant priest at Gladstone parish church Invercargill and travelling secretary for Scripture Union for Otago and Southland



26—27 September : Saint Peter's 150th Anniversary celebrations—celebrant and preacher Bishop Victoria Matthews

Tuesday, 3 November: Caversham Lecture—Associate Professor John Stenhouse—*God, the Devil and the Demon drink*

Tuesday, 10 November : Caversham Lecture—Associate Professor Alex Trapeznik—*Dunedin's Warehouse Precinct*

Tuesday, 17 November : Caversham Lecture—Emeritus Professor Blair Fitzharris—*the potential vulnerability of South Dunedin to coastal flooding*

Tuesday, 24 November : Caversham Lecture—David Hoskins—*Government influences in the history of the New Zealand Film Unit*

Saint Peter's People



Raylene Ralston's story

As told to Michael Forrest

Raylene (nee Molloy), born in 1951, is the youngest (by eight years) of four children; the others being Dawn (now Mrs Bachop), Gwen and George. Their father worked at the Hillside railway workshops but died when Raylene was just eighteen months old so she never really knew him.

Dorrie raised the four children as a solo mother, not an easy thing to do back then. Dawn, Gwen and George all attended King Edward Technical College but Raylene went to school at Caversham, Macandrew Intermediate and Queen's High. The family lived in Helena Street, in a house which backed on to Bathgate Park, an ideal location for children. A feature of living in Helena Street was the annual Southern Rugby Football Club fair happening just over the back fence. However, all the houses on that side of the street were demolished to extend the park so they moved to Loyalty

Street.

Raylene left school at sixteen and started work as a clerical junior at Napier Motors on the corner of Princes Street and Manor Place, working her way up

through the ranks to receptionist. After she was married she went to Cooke Howlison in Great King Street as a book-keeping machinist, then gave up work altogether once daughter Nicola arrived.



At home with Teddy this month.

PHOTO: INFORMATION SERVICES OTAGO LTD.

Raylene also met Dennis when she was sixteen, just after being presented (by the son-in-law of a long-standing Saint Peter's parishioner, whom we are lucky enough still to have with us) as a debutante at the annual Anglican ball. They have been together ever since. Nicola (now forty) was adopted, with only two days' notice once all the arrangements were in place. "Being autistic, we certainly had our moments with her", said Raylene. Nicola now works two days a week at Cargill Enterprises. They also have a son, Chris (now thirty-seven), who works with autistic children. Neither of Raylene and Dennis' children is married.

Right from the beginning Raylene was brought up in the Church, being baptised, confirmed and married in Saint

Peter's. She attended Sunday School there and later assisted Eunice Teal as a Sunday School teacher. In those days, when the Vicar was Father Roger [Taylor] then Father John [Teal], Sunday School pupils sat exams! In 1971 Raylene and Dennis enjoyed the privilege which Father John rarely granted of having their wedding photos taken in the church. The young couple lived away from the parish for a year and a half in North East Valley and Nicola was baptised by Father Neville Selwood at St Martin's.

Raylene's involvement with the parish is extensive. She served several terms as leader of the AAW and is still the co-ordinator of its successor, the Fellowship Group, which meets once a month on Tuesday afternoons. She was on Vestry several times and was a server for about twenty years under Father Carl [Somers-Edgar]. She taught junior Sunday School again around 1983 under Father Blair [Robertson] in the Lodge hall across the road. When Nicola was three or four Raylene set up a young wives' group which only lasted for about a year but was a successful group.

While the children were at primary school Raylene went back to work, firstly as cook then as teacher's aide, for about five years at

(Continued on page 6)


Plan
ahead
for those left
behind

For many of us, the thought of leaving our loved ones with our funeral to organise is inconceivable – but the reality is, it happens.

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