



Altrusa International of
Cambridge Leading to a
better Community BRANCH-

ALTRUSA

Altrusa is an International non-profit organisation making our local communities better through leadership, partnership and service. We are civic minded people who strive to create better communities world wide

ISSUE 6 July2017

De-ane’s Report

President

De-ane Busby
50b Thompson Street
Cambridge 3432
Ph:07 827 8656

How come when you are on holiday that time seems to go quicker.

Do you remember when you where a child that birthday’s and Christmas seemed to take forever to arrive. My grandson Mitchell said the other day. “Nan how long till Christmas”? Heaven forbid I thought life is going by too fast as it is.

I have read that you can change time perception.

Secretary

Jan Lineham
10 Fairburn Place
Cambridge 3432
Ph:07 823 2506

1. Slow down, take time to take deep breaths during the busiest times of the day. Drink less caffeine.
2. Meditate more.
3. Pay attention. Go for a nature walk. Really taste your food, be grateful.

Something to think about.

Editor

Patty Baker-Scott
36 Silverwood Lane
Cambridge 3495
Ph: 021 722917

It was very interesting listening to Caroline Mason speak to us about her “Threads across the Pacific” at last month’s meeting. There was a lot of interest among our members and this is a project that we could really work on and make it an entry for the Nina Fay Calhoun International award at conference next year

I hope you are all keeping warm and avoiding the winter ‘bugs’ that are around. I will look forward to seeing you all at he next meeting

De-ane

Contents

Secretaries report	Page 1
Meetings, Committee Reports, Trash and Treasure report.	Page 2
St Andrew’s Shopping and Outings roster. Birthdays Recipe	Page 3
Something to make us LAUGH, THINK or DO	Page 4

REMINDERS

Board meeting third week of the month

NEXT MEETING

Thursday 27th July 2017
6.00pm Cosmopolitan Club
Burns Street, Cambridge

Please let Sue Field know by Tuesday 20th June if you are unable to attend

Ph:07 827 5879

Email:kevinandsue@kinect.co.nz

TRASH & TREASURE

Sunday 12th August 2017

LUNCH

Thursday 10th August 2017
Absolute Café
88 Alpha Street, Cambridge 3434
12 noon

IFF DAY

Sat 23rd September 2017



Committee Reports : No meetings had taken place before publication

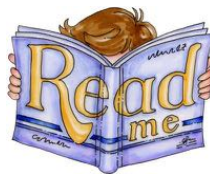
Membership/Social Almoner Jo Josephs



Service Theresa Lambert



Communications/Literacy Sue Field



Trash and Treasure

Sun, 8 July 2017

Jenny and Janet were “The Sellers” this day and made \$78.00. Janet comments that they were not a lot of people around and it was not a very nice morning weather wise.

Suggestions from Janet:

Giving jewellery, could each piece be put into a small sealed bag. We have a shoe box of jewellery and the pieces were very tangled. Perhaps we have a one off just displaying the good items were the table is not so cluttered and items easily viewed.

Some things to consider:

Only sets (minimum of 4) of glasses, mugs etc

No more books for the time being

No electrical items

If we can increase the value of goods we sell, would mean less storage, less unpacking and repacking. We had 3 carloads and this isn't always practical.

ST ANDREW'S SHOPPING AND OUTINGS ROSTER

GROCERY SHOPPING!



July 20	Marie & Glenda
July 27	De-ane
August 3	Ann
August 10	Outing to Palmers Planet at Rototuna
August 17	De-ane
August 24	Helen
August 31	Ann & Joy
September 7	Teresa
September 14	Marie

Outing Report :

No outing for St Andrew's people as the date falls in the school holidays.

BIRTHDAYS

Belated happy birthday to Helen - 20th July



Recipe for the month: Vegie slice

3 cups of seasonal vegies e.g., finely chopped onion, pepper, tomato, grated carrot, courgette, finely chopped mushrooms, beans, asparagus, cooked and drained spinach or silverbeet

1 cup grated cheese

2 rashers lean bacon finely chopped

4 eggs

(optional)

3/4 cup milk

freshly ground black pepper

1/2 cup self raising flour

Place the vegetables and cheese in a well greased baking dish. Lightly beat the eggs and milk together. Sprinkle over the self raising flour and mix well, ensuring there are no lumps. Pour over the vegetables. Top with bacon and pepper. Bake at 200°C for 30-35 minutes or until set. Serve either hot or cold. Serves 5

Satnav A poem by Pam Ayres

I have a little Satnav, it sits there in my car.
Satnav is a driver's friend it tells you where you are.
I have a little Satnav, I've had it all my life.
It's better than the normal ones, my Satnav is my wife.
It gives me full instructions, especially how to drive
"It's sixty miles an hour", it says, "You are doing sixty five"
It tells me when to stop and start, and when to use the brake
And tells me that it's never ever, safe to overtake.
It tells me when a light is red, and when it goes to green
It seems to know instinctively, just when to intervene.
It lists the vehicles just in front, and all those in the rear
And taking this into account, it specifies my gear.
I'm sure no other driver, has so helpful a device.
For when we leave and lock the car, it still gives it's advice.
It fills me up with counselling, each journey's pretty fraught.
So why don't I exchange it, and get a quieter sort?
Ah well, you see, it cleans the house, makes sure I'm properly fed.
It washes all my shirts and things, and keeps me warm in bed!
Despite all these advantages, and my tendency to scoff,
I only wish that now and then, I could turn the bugger off

**Enough of science and art,
Close up these barren leaves;
Come forth, and bring with you a heart
That watches and receives.**

— William Wordsworth