

Our Altrusan Diary

Dinner meetings- meet 6pm and dinner will be served at 6.30.
Please phone the club personally if you cannot attend the next dinner meeting, Danielle- [REDACTED]

August 1st Dinner Meeting

Hostesses; Anne M & Anne D

Speaker; Marion Webby- Roadside Taranaki

August 15th Board Meeting at Brenda's 7pm

August 27th Pamper Day at Anne Duffy's home 10.30am...

September 2nd IFF Day in Palmerston North

September 2nd Multiple Sclerosis Collection Day

September 5th Dinner Meeting

Hostesses; Karen & Julie

Speaker; Pamela Jones- District Children & Young Adult Librarian for STDC

September 20th Ballentynes Fashion Parade

Birthdays to Celebrate
August

Wishing you a very happy birthday Helen tomorrow, 2nd August

Editor;

Congratulations International President Leanne Milligan!

It's not easy being mindful of using plastic bags, & plastics in general. I would love to rely less on the daily use of such material. Plastic is convenient, quite aesthetically & sensory appealing - initially. But once the groceries are stashed on the cupboard shelves, & consumed, takeaways consumed, & new plastic items unwrapped of plastic, we are left with rubbish with very little recycling value. The ugly side of plastic is exposed. You know it, & there is a lot of ill feeling about the lack of alternatives. Please let's have feedback on initiatives you employ to cut down on the use of any of the vile stuff, or recycling ideas!

Heather Boyd- [REDACTED]



Nexus



The Hawera

President's Report; Brenda's Bulletin July 2017

Well done Patea on your forward thinking and vision in getting a Pop Up virtual Medical Centre for Patea, where healthcare needs are sorted in minutes and seconds, not days and weeks. Good to see good old kiwi ingenuity coming to the fore. Seems to me to be the way of the future.

After the big storm a couple of weeks ago, we have had a bit of damage done in the garden with the salt spray browning off leaves and a couple more trees blown over. Lol we will have none left soon!! Anyway that's gardening and there is always a challenge to take on the chin and carry on.

I had a scary trip home from New Plymouth today, with torrential rain and flooding across State Highway 3 on the south side of Inglewood. Had to wait half an hour to get up to it, traffic only allowed through one lane at a time. Could feel the water rushing passed my little car and she was puffing a bit of smoke when I finally got through. Phew!!!

Hope you have all managed to weather the storm and not too much damage done to your properties.

Make a Difference Day – It's a great feeling to find a project that is needed in Hawera, and that we as Altrusans can do something about. The Hawera Hospital do not have anything for children who are admitted to the ED.

Julie and I did the rounds in Hawera looking for suitable things and pricing out best options....

Books On Wheels

August 12th Molly & Lorena
August 26th Alison & Lynette
September 9th Heather B & Ann Fisher
September 23rd Brenda & Anne D

Friday Club

9.30- 12.30 AM Second Friday of the Month **PM 12.00- 3.00**

August 11th Jenny
September 8th Molly

Glenda
Molly

Meals on Wheels- Thursday

August 3rd Pat & Ann F
August 10th Molly & Alison
August 17th Brenda & Julie
August 24th Helen & Grant
August 31st Anne D & Glenda

September 7th Pat & Ann Fisher
September 14th Anne D & Molly
September 21st Brenda & Julie
September 28th Helen & Grant

Meals on Wheels- Saturdays

August 5th Frances & Michelle
August 12th Susan & Paul
August 19th Jenny & John
August 26th Pat & Heather B

September 2nd Frances & Michelle
September 9th Jenny & John
September 16th Heather B & Molly
September 23rd Anne D & Marie
September 30th Glenda & Robert

Accent for August

Don't let anyone
become a vacuum and
suck the happiness
out of you-
pull the plug

Unknown

.....more from Brenda

We have come up with some lovely little teddies that The Warehouse had on special and they gave us an extra discount on top of this, and also some other little things which we will put together for the children to keep. Of interest, the girls at The Warehouse said that the Ambulance Service has been looking for something like this.

It's a privilege and pleasure to be part of a group that can Make a Difference.

Bruce's Fish Curry

400 grams fish fillets
1 large red onion
1 tsp minced garlic
½ -1 tsp minced chilli

1 tin diced tomatoes
¾ cup coconut milk

1 level tsp each curry powder, cumin powder, coriander powder, garam masala & tumeric
Cut fish into bite size pieces, coat in flour, & 'just cook' in olive oil & set aside.

Cook finely chopped onion, garlic & chilli in 2 Tbsp olive oil, then add all spices & cook for 2 mins.
Add tomatoes & cook down to a paste. Add salt to taste, stir in coconut milk & fish. Reheat, & serve with rice, roti or naan bread.

Governor Christine Melville's theme for this biennium;
Nurture and Grow

Pamper Yourself

The social committee invites you to join us. Put your feet up with coffee or wine in hand, enjoy a lovely shoulder/ neck massage & sink into the chair relaxed & comfortable, wander through the park etc. Anne Duffy is kindly opening her home on Sunday 27th August for us to lounge about in. Bring something savoury please for a shared lunch, & some cash to cover the cost of a professional massage!
Weather you can attend or not, we would love stories/jokes/ words of wisdom & recipes to share with the group. Email Heather or Heather.