



In Touch Invercargill

POBox 836
Inv 9840

November, 2016

Websites

International: www.altrusa.com
District Fifteen: www.altrusa.org.nz
Invercargill
<http://altrusainvercargill.wikispace>

President: [Nellie Garthwaite](#)

Editor: [Jenny](#)

Nellie's Notes



Nellie's Notes

Notice Board

Birthdays,

Member Profile: Denise Corsan

Recipe: Banana Bread

International News

Accent

District News

Club News

Hello to you all.
Well year end is rushing upon with what feels like great speed. Won't be long till its time to make the Christmas cake.

There will be more info on the Christmas party in the newsletter. Thank you for you input into the membership questions at our last business meeting. We will take the ideas and start to turn them into some advertising material for distribution by various forms.

By now Maureen will be recuperating from her knee op and Anne is quietly coming right after her wee health issue in Queenstown.

A lot of members have been away lately so it will be good to see you all on Thursday night.

Bev and I went to the Andre Rieu concert in Christchurch and what a night of spectacular entertainment. I understand the Last Night at the Proms concert here in town was excellent as well. There is a lot of talent out there in all forms.

We'll take care of yourselves, try not to get caught up in the pre season rush, remember it will all happen again next year!!

Yours in Altrusa
Nellie

NOTICE BOARD

NOVEMBER

03 BOARD

10 Business

Hostess- Anne

24 Programme

Service

DECEMBER

01 BOARD

08 Programme

Membership

XMAS PARTY

Happy Birthday!

ACCENT

Thoughts - keep your thoughts positive because your thoughts become your words

Words - keep your words positive because your words become your actions

Actions - keep your actions positive because your actions become your habits

Habits - keep your habits positive because your habits become your values

Values - keep your values positive because your values become your destiny

BIRTHDAYS

OCTOBER

10 Bev Henderson

30 Anne Kuijpers

NOVEMBER

08 Lesley Instone

JANUARY

31 Ceciley Mesman

Member Profile

Denise Corsan

**Co-Chair Service Committee
ALTRUSA INVERCARGILL**

Altrouser: Rex

Business: Rex Corsan Panel & Paint

Classification: Automobile Repair

Position: Co-Owner

Address: Invercargill



BANANA BREAD

Ingredients

½ C Butter
1 C Sugar
2 eggs
4 bananas mashed
1 ½ C Flour
1 tsp Baking Soda
½ tsp salt
½ tsp vanilla



DIRECTIONS

1. Cream together butter and sugar.
2. Add eggs and crushed bananas.
3. Combine well.
4. Sift together flour, soda and salt. Add to creamed mixture. Add vanilla.
5. Pour into greased and floured loaf pan.
6. Bake at 350 degrees for 60 minutes.
7. Keeps well, refrigerated.

INTERNATIONAL NEWS (FROM OUR SISTER CLUB, SANTA MARIA)

October Accent

Directions for Planting an Altrusa Garden
First, plant 5 rows of peas: perseverance,
presence, preparation, promptness, and
participation.

Next, plant 3 rows of squash: squash
gossip, squash criticism, squash
indifference.

Then, plant 4 rows of lettuce: let us be
faithful to duty, let us be unselfish and loyal,
let us be true to our obligations, let us love
one another.

Finally, no garden is complete without
turnips: turn up for meetings, turn up with a
smile, turn up with determination to make
everything count for something good and
worthwhile.

Submitted by,
Diane Alleman-Stevens



DISTRICT NEWS WELLINGTON (FROM THE ALTRUSA DISTRICT WEBSITE)

After long serving club member Patricia O'Donnell attended a workshop at Look Good Feel Better with her sister earlier this year, Tricia asked if there was any way Altrusa International of Wellington could assist the local branch of the organisation, and they advised they were in need of four banners. The banners will be used to create a visual profile for the organisation at the workshops they hold in community venues. As it turns out, 15 years ago Altrusa International of Wellington donated an entire set of mirrors to the organisation, which are still in use at their workshops today. Club members were keen to provide further support to the organisation. Thanks to Assurity Consulting Limited we were able to secure an excellent price for the banners, and we used the money raised from our Entertainment Book Fundraiser to purchase the banners. Big thanks to Tricia for initiating and organising this project, and to Katrina who organised the Entertainment Book Fundraiser. Pictured above: Altrusa members stand with the four banners we donated. Right: Leigh Renai from Look Good Feel Better speaks to members at our programme meeting. Look Good Feel Better are a worldwide cancer support charity who provide free, practical support to women undergoing treatment for cancer. They aim to help restore and enhance the appearance of cancer patients dealing with the side effects of their treatment, boosting their confidence and putting a smile on their face. They provide support, guidance and free make up and skin care workshops at a difficult time in their lives when they need it the most. Every year they help over 3000 New Zealand women with Cancer. Leigh kindly spoke about the Wellington branch of the organisation at our September programme meeting, and has invited Altrusa members to attend a workshop to observe the work they do if they wish to get involved. You can read more about Look Good Feel Better and how you can support them online at <http://www.lgfb.co.nz>.

Club News/ Committee Reports

Membership/Communication

Altrusa Club of Invercargill Christmas Party
Confirmed for 8th December at Ascot Hotel. \$38.50ph
6.30 for 7pm start

Service

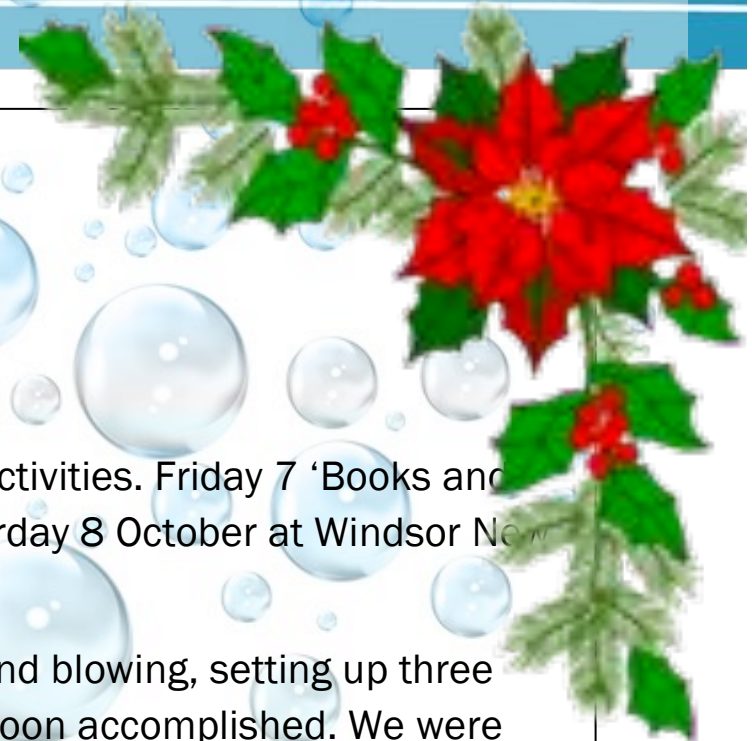
Many thanks to all our members for a very successful weekend of service activities. Friday 7 'Books and Bubbles' evening at South City and the Blind Foundation collection on Saturday 8 October at Windsor New World

On Friday evening under the verandah of the physio building, with a little wind blowing, setting up three tables with the bubble machine, helium balloons and the table cloths was soon accomplished. We were then all set for of Books and Bubbles evening with the books being collected and contributed by all our Altrusa members.

We gave away **586** books to children who were encouraged to choose a book and take it home to read. Some parents and grandparents were keen to assist their children, with some keen to make Christmas presents of the books.

This was a spectacular event. While this activity has not been held previously we did ourselves proud and I am sure that the Timaru club would be pleased with the outcome too.

I was pleased to meet Margaret Cook, the organizer of 'South Alive'. Margaret was very interested in knowing how our evening went and to have a chat with our girls. I saw Miss Nellie receive a kiss from a photographer! Is this fine?



BETTY HENDERSON

Betty was a member of Altrusa for about 30 years, joining in 1976. Betty was a very active member always available and played a full part in any activity the club was involved with, be it fundraising or service to the community.

In 1990-91 Betty was president of Invercargill Club. She took a full role and held many leadership positions with a calm and organised approach.

Betty was a gentle person but had a great memory and very caring person, always available to give advice to a member if required, enjoyed trips out with Altrusa members, but did enjoy a joke with us all.

In the year 2004-2005 Betty's contribution was recognised by awarding her with an Emeritus Award. Betty was very proud of that.

Since then, Betty has not been able to attend meetings,

members have kept in touch with her, as she was a friend to all at Altrusa.

Recently we enjoyed the company of Betty and two other Emeritus members at an afternoon tea at Rowena Jackson. (Furthest left)

Betty will be fondly remembered by all her Altrusa friends.

Rest in Peace Betty,



Betty Henderson, Elspeth Allen, Sheila McLachlan, Wilma Capil, Anne Kuijpers