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Altrusa International of Oamaru  
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President: Robyn Moynihan  
[president.oamaru@altrusa.org.nz](mailto:president.oamaru@altrusa.org.nz)

Meetings: The Star & Garter (upstairs)  
2<sup>nd</sup> & 4<sup>th</sup> Mondays at 5:45pm

District Fifteen Website:  
[www.altrusa.org.nz](http://www.altrusa.org.nz)  
Altrusa International Website  
[www.altrusa.org](http://www.altrusa.org)

## Bob's Blog

My first note for our newsletter was Bob's Burble. This is Bob's Blog..... goodness knows what the next one will be!

So what to talk about? There's a couple of things that may be worth a mention. The first is using the skills of our newer members. It is important that we always stay open to new ideas and the possibility that what has always happened is not necessarily the best ....it may be, but it also may not be. Improvement always happens along-side change. One can't happen without the other. So let's make sure that everyone's voice is heard and acknowledged. Our newer members arrive with many skills that can be either utilised or ignored. Let's give our newer members the opportunity to showcase their skills. And let's give them the chance to take up responsibilities and put their own handprint on their duties.

The second is an invitation to all members to make suggestions to me regarding any improvement I could make to meetings. I am open to any suggestions. Again, this is about not standing still but looking to improve.

Finally, I want to award two gongs....one to Jan and her committee (and Anne's name must be mentioned) for the sterling job they are doing with the increase in membership; and also to Norma and Yvonne (with the help of Jean) for the great effort at the Jo Seagar night. The smooth running of events such as this, endorse Altrusa as the well-oiled machine that it is.

I guess that you are all wanting some free medical advice since I gained my medical degree from Ranfurly District High School, so here goes!!!

*"To dilate" means to live long and*

*Labour pain means to get hurt at work.*

Robyn



**Altrusa International of Oamaru Inc.  
2016-2017**

**THE BOARD:**

President:	Robyn Moynihan
President Elect:	Helen Newlands
1 <sup>st</sup> Vice President:	Norma Dovey
Corresponding Secretary:	Claire Jelgersma
Minute Secretary:	Kath Mercer
Treasurer:	Jeanette Halcrow

<b>DIRECTORS:</b>	Maria Mackay
	Yvonne Blaikie

**COMMITTEE CHAIRS**

Liaison:	Jean Palmer
Service:	Yvonne Blaikie
	Norma Dovey
Communication:	Jenny Cleland
Literacy:	Lynette Budge
	Bev Manson
Vocational:	Kath Mercer
	Ainslie Mitchell
Membership:	Jan Sutherland
Finance:	Jeanette Halcrow
ASTRA:	Liz Ballantyne
	Nancy Allan

**IMPORTANT DATES**

**October ~ Service**

3	Board Meeting
10	Business Meeting
24	Programme Meeting/make a difference day
29	Trip to Dunedin & Oamaru House

**November ~ Vocational**

7	Board Meeting
14	Business Meeting
24	Christmas Extravaganza
26	Coffee Morning
28	Programme Meeting

**December ~ Liaison**

5	Board Meeting
10	Human Rights Day
12	Christmas Meeting

From the Editors –

We hope you enjoy your second issue of the Whitestone Chatter for the 2016/2017 year.

Thank you to everyone who has contributed in some way.

Keep that information coming. Information for the next Newsletter needs to be in by 1 March 2017

Your newsletter can be only as good as the information we receive.

*The Communications Committee*

## From the archives

**SPIRIT OF ALTRUSA :** Early fund raising community projects the fun and laughter, the ideas and adventures never cease to amaze. Amongst the first a 'Go-Go Glow evening' !!!; Silent Auctions; Garage sales; Antique Roadshows; Alison Holst, Elizabeth Pederson, Judith Cullen, Richard Till and recently Jo Seagar have given Cooking Demonstrations. We have also proved our capabilities in catering for various functions. Projects which are proving popular are our Bizarre Bazaar, Christmas Extravaganza and Garden Party. Interesting one off events selling balloons and baked potatoes at the A & P shows. The most amazing one of all 7000+ dozen cheese rolls made.

Amongst all this fund raising we have maintained our sense of humour and developed a wonderful team spirit in raising funds for our community.



## Committee News

### COMMUNICATIONS

Anne has been busy sending reports to local papers. It is great to get Altrusa's name out there and making the public aware of our good work in the community. Sue has been taking lots of photos and Pam and Jenny are spending time putting this next newsletter ready for publication. Thank you everyone for your contributions.

*Jeanette, Anne, Pam, Sue and Jenny*

### LIAISON

With the various functions that we have had lately my very grateful thanks to all Altrusans who so willingly made sandwiches, baked a variety of items e.g. muffins, slices and also worked hard to ensure that each activity was a great success. I think that we can reflect on how much and how well we have provided service for our community, so a very large thank you to everyone.

*Jean*

### LITERACY

September, being International Literacy Month, has been full on for committee and all Altrusans. Late August the Literacy Ladies met at WGHS to fill the Information Packs to be delivered to the Maternity Annexe. 25 Packs for the September Babies were done. These include a book to honour World Literacy Month. Another 125 Information Packs were also filled to take us to the end of our year. Helen delivered these to the Annexe and secured us some great publicity.

Our Programme Meeting saw members meeting at Oamaru North School to cover books for the School Library. Lots of hard work, fun and fellowship saw many books covered.

After this Altrusans met at the Star and Garter for a lovely meal. A lovely meal and great atmosphere. Enjoyed by all who attended.

The Literacy Ladies thank all Fellow Altrusans for their support with Operation Cover

*Lynette, Bev, Helen, Liz and Phyllis*

### VOCATIONAL

Vocational Committee members are currently perusing the 8 applications received from Waitaki Girls' High School for the Altrusa Tertiary Award. Interviews for them will take place on 14<sup>th</sup> and 15<sup>th</sup> October. We are impressed already by the commitment and character of the applicants on paper and the challenge of choosing when we meet with them is quite a responsibility for the panel of interviewers as previous Vocational committee members will attest to.

We have been well received by St Kevin's College and Waitaki Girls' and looking forward to meeting the girls involved. We wonder how many applications will come forward from St Kevin's. The interviews taking place the week before Labour Weekend.

## SERVICE

The Jo Seagar evening called 'Elbows off the Table Please' has been our focus of late. It was a very successful evening. We made \$2,100.00 in ticket sales in conjunction with Paper Plus. We had 4 raffles and Jo donated one of her books on the night so that made for very good raffle sales of \$614.00. I hear she sold 45 of her books. I'm sure Jo Seagar was pleased with that. All proceeds are going to Otago Community Hospice. We are on duty for the month of October and coming up is World Food Day, Make a Difference Day and Meals on Wheels.



*Norma and Yvonne*

## MEMBERSHIP

A warm welcome to 3 new members, Louise, Jan and Margaret, we know you will enjoy the company of fellow Altrusans as we strive to provide service in the community. Coffee mornings at The Galley and Milligan's were well attended and we look forward to our next coffee morning in Dunedin on the last Saturday in October. We will visit Oamaru House and this is an excellent opportunity for those members who haven't been there to see and learn about this facility which was set up following an initiative by the Club in 1997. Membership Committee's duty month was August and at our final meeting under the Kingan's ownership of the Homestead we enjoyed a delicious Indian meal in recognition of India National Day on 15<sup>th</sup> August and a very informative discussion and demonstration by Altrusan Lyn Cartwright and her assistant, Rose Gard, on how to use the AED (Automated External Defibrillator) along with a reminder on CPR. The Q & A Booklet is finalised and will be distributed at our next Business meeting.

## Our Projects



**Swimming** There are 12 children taking up swimming lessons for term four starting the week of October 10<sup>th</sup>, 7 from North School, 2 from Fenwick School, 2 from the Buddy programme and 1 from Five Forks School, with their ages ranging from 5 to 12 years. The swimming bags with the towel, goggles and swimming caps have been given to them via their schools. The fantastic swimming bags were made by Nancy, Yvonne and Jean, a big thank you to them. The anonymously donated brightly coloured towels, the swimming caps from Water Safety NZ and goggles at a reduced price from Oamaru Sports & Outdoors completed the package.

*Phyllis, Allison and Liz Mc*

## Oamaru House

At the Annual General Meeting it was great to see that Oamaru House has again had a good year with occupation at a high level. In fact, at times, it has been hard to find an available room. Costs have been adequately covered and appreciation must be given to all staff in Dunedin and especially to the Manageress for the way in which the facility is operated. All Altrusans are very welcome to visit at any time.

*Jean Palmer*

## Literacy North Otago:

The day to day activity of North Otago Literacy continues with some very enthusiastic tutors supporting a large number of clients. The issue is to keep them returning to have their 20 plus hours so that the government funding will kick in. Work place literacy is on the increase which is positive.

The painter just finished painting the inside rooms of the new building and it looks fabulous. A real transformation has taken place. It is hard to believe it was once the Honda motorbike premises. BUT there is still quite a list of tasks to complete before they can move in. The lighting and plumbing, furniture like toilets and hand basins need to be installed. The plumber is a volunteer so patience is required here. The kitchen joinery is complete but more funds are required to purchase appliances. There is just enough funding to have floor coverings laid but not enough for heat pumps so more fund raising is required.

Can Altrusa help with any of the following or do you have any contacts who may be able to help? Kitchen appliances (we have already donated \$1000 towards this), curtain making, storage units for teaching resources, painting of two outside concrete planter boxes and planting them up, painting street frontage.

## ASTRA

The girls are planning to do some more fund raising to finish the year with another sausage sizzle at school and use up the rest of the frozen sausages and bacon. They also will have another bake-up to deliver biscuits to senior residents living nearby. This term they will have elections for their 2017 committee. Only three weeks of school for the seniors so the pressure is on!

Liz B



Coffee morning at 'Vanessa's Cafe  
in Hampden



# I.F.F. DAY



Liz Ballantyne presenting at I.F.F. Day



Maria Mackay and Marvynne Ashley (District Fifteen Leadership and Training Chair)



Six Oamaru Altrusans enjoyed The I.F.F. day in Invercargill on the 20<sup>th</sup> August. It was enjoyable and great fun catching up with old friends and meeting new ones. Maria ran a well organised day. Speakers included Natasha Holland 'Getting your Message out There', Elaine Watson from the Taieri talked about "accessing the awards", our own Liz Ballantyne District ASTRA Chair spoke about 'Mentoring ASTRA' followed by 'Literacy a Barrier to Learning'. District Fifteen's Legal Advisor Lesley Instone discussed 'Wills, Powers of Attorney and other Legal Issues' and District Fifteen Leadership and Training Chair Marvynne Ashley talked about 'It takes all sorts'.

We managed to cover some books as a service activity.

One of the highlights of the day was the beautiful meals provided by the Invercargill girls. All together a day full of information, fun and fellowship.



# OPERATION COVER-UP







I.C.T. (Technology) evening





# JO SEAGAR FUNDRAISER FOR HOSPICE



## A Warm welcome to our New Members



### *Louise McNeill*

I was born in Sydney, but spent most of my growing up in Dubbo, a country town in central NSW, 400km north-west of Sydney. After finishing school I completed a hairdressing apprenticeship and enjoyed working as a hairdresser in Sydney, Narromine and Tamworth. I met Les in Tamworth and after we were married moved to Dubbo where Les took over an accountancy practice. We have two children, Todd and Jemma, who each now also have two children. We moved from

Dubbo to Oamaru in 1976 and were here for 11 years, then to Ashburton for 2 years before returning to Australia in 1989, where we lived in Brisbane. Les had an accountancy practice there, I worked with him as receptionist and Jemma completed her training as an accountant having worked as a legal secretary from varsity. We moved to Christchurch in 2006, and after the earthquakes decided to rebuild in Oamaru where we have renewed acquaintance with many old friends. I enjoy cooking, sewing and gardening and keeping fit.

### *Margaret Ward*

I was born in Balclutha during WW2 blackouts and grew up on farm near Tapanui in a family of five. On completion of schooling at Tapanui District High School spent 2 years at Dunedin



Teachers' College. Posted to Fernbrook School, Oamaru, for first year teaching. Subsequently taught at South (special needs) and Casa Nova Schools. Apparently, it was so long ago, these schools have either disappeared or have new names!

Met husband, Grant in 1964 and moved to Alexandra after marriage. Two children later - Derek, a mechanical engineer in Germany & Anna, art teacher in Dunedin. I spent periods working in our Nissan dealership and relief teaching in Central Otago. After 47yrs of alternate freezing cold & exhausting heat, we had an epiphany moment, found an appealing home in Moeraki and moved in 2014. We are now closer to 2

grandsons in Dunedin and are thoroughly enjoying re-connecting with old friends & making new ones.



### *Jan Wheeler*

Kenneth and I have farmed near Moeraki for 33 years. I was teaching for 13 years and have run a Bed and Breakfast for 25 years. I enjoy showing our visitors around our beautiful area. My interests are gardening, floral design, pottery and travel. I have been involved with many community organisations Initiatives – Moeraki Area Promotions, Hampden 130<sup>th</sup> Celebrations, Hampden local Church, Moeraki and Hampden Walks and Tours Brochures and Maps and Oamaru Floral Art Club.

## GINGERED PUMPKIN SOUP



1 medium pumpkin; 3-5 medium onions; 6 garlic cloves; 2 cups stock chicken; 1 Tbsp. mild curry powder; 1 tsp mustard powder; salt & pepper.

Simmer all ingredients together until soft, cool, then put through blender, may need to do in batches, at end of blending put 1 cup of water into blender to get residue out of blender. At this stage if not all the soup is wanted to use immediately it can be frozen.

The frozen soup can then be used with a variety of differing flavours when reheating, e.g. lemon, cloves, cinnamon, chives – check and adjust seasoning.

To remainder add 1- 2 tsp freshly grated ginger; 4-6 very finely sliced crystallised ginger, 1 tsp Cajun seasoning; 1 Tbsp sweet chilli sauce. The soup will be fairly thick, adjust seasoning - to make to required consistency add milk & cream (sour cream is good), do not boil. Serve with parsley and extra sour cream.

*Pam*

## Chocolate Surprise Pistachio Kiss

1 sheet of flakey pastry (cut into 4) then roll out a little larger.

Place on a mini mars bar (slightly chopped) and some pistachio nuts.

Pull pastry into a twist and bake at 200C for 15 – 20 minutes.

*Claire*



Altrusa Oamaru has a new meeting venue at the Star and Garter (upstairs).

This is a photo of Phyllis taking the “stair master” ride to the top.

## CENTENNIAL CELEBRATIONS

In less than twelve months we will be celebrating ALTRUSA'S 100 years of service to our communities, in Nashville, TN at our International Convention. **What is your club and District doing to celebrate this milestone?**

### SOCIAL MEDIA

There is a new Facebook page for the Altrusa International Centennial! Check it out, and like/follow. Be sure to tag all your posts with the hash tag #AltrusaCentennial.

When you click on a hash tag, it will bring you to all other posts with that same hash tag.

On the Altrusa Membership Development Facebook page, under files, there is a power point presentation on Social Media that Deborah Hecht (International Membership Chair) created. There is info on hash tags there **100 FOR 100 PROJECT**

**The Challenge is On!!!** 100 service hours, 100 books, 100 new members!!!

The **registration deadline date was extended to 30 September 2016.** (New members who join after this date can still register.) Send your registration forms to your District Service Chair.

Clubs will have until June 15<sup>th</sup> 2017 to submit the names of members who successfully completed the challenge, for recognition at Convention. We will not be able to provide any extensions on this date. Report your success to your District Service Chair, who will then submit the results to centennial@altrusa.org. Copies of all registration forms can be downloaded from the 'Centennial Toolkit' on the International website.

### ALTRUSA INTERNATIONAL POWER POINT

We are preparing a 'PowerPoint' Presentation for District Conferences in 2017 and International Convention in 2017. The presentation will celebrate the service our Clubs give to our communities.

We need 2 - 3 photos from each Club that reflect service and Club activities, along with the Club's charter/formation date and 2 - 3 short bullet points that highlight key Club activities.

Each Club will be featured on a power point page that will be collated into a District presentation and in turn will become part of an International presentation. These submissions are to be sent to your District Representative on the Centennial Committee.



Looking forward to celebrating 100 years of service with you!

*Maria Mackay*

*(District Fifteen's Representative on the Centennial Committee)*

### A THOUGHT FOR THE MONTH

Coming together is a beginning

Keeping together is progress

Working together is success

Henry Ford



## Our Bulletin Board:

### October

5 Robyn Moynihan  
14 Norma Dovey  
16 Jenny Cleland

### December

8 Yvonne Blaikie  
10 Lynette Budge  
11 Ainslie Mitchell  
13 Jeanette Halcrow

### November

4 Helen Conn  
12 Sue Preston  
23 Pam Balcombe

### January

14 Margaret Ward  
23 Claire Jelgersma



## The Way it was!

Hard to believe that 52 years ago Murray & I were sleeping in an old caravan with a makeshift kitchen/living area occupying half of the existing garage and a chemical toilet in the sectioned off corner of the other half. What a way to start married life, but yes, we were on the spot for the ongoing work on the home that we were building, the rent was nil and we were up for the challenge.

Coming home for lunch meant waiting half an hour for the old rangette to reach a heat conducive to heating a tin of spaghetti or cooking some eggs to be consumed hurriedly before returning to work for the remainder of the day. Microwaves were a thing of the future!

Baking and preserving was undertaken, good meals cooked (on the old rangette or in the Electric Fry pan), guests were entertained but dishes were a bit of a problem. While the old Zip Water heater, on the wall, competently conveyed water to the basin on the bench all waste water had to be manually carried out and emptied down the outside drain. Time restraints sometimes resulted in dishes being stock piled until the opportunity to heat enough water and undertake the task of washing up arose. I innocently confessed to a client one day that I had a pile of washing up to complete and in turn I was severely chastised with the comment "A young married woman like you shouldn't be leaving the dishes to accumulate!" She had no idea about our living arrangements and her sharp retort rather offended my sensitivities but I learnt a lesson about keeping one's mouth shut to avoid misinterpretation of facts.

Saturday was wash day around at Mum's and showers on Saturdays and Wednesdays were also undertaken at this address. If luck was on our side we were invited for a meal and this was really appreciated. For the rest of the week the cleaning ritual resulted in each having a basin of warm water to stand in, last thing at night, while undertaking an overall body wash and listening to Randy Stone's "I Cover the Night beat" on the transistor radio. **How many of you can remember that programme??**