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Altrusa International of Oamaru
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President Helen Newlands
president.oamaru@altrusa.org.nz

Meetings Star & Garter
9 Itchen Street, Oamaru
2nd & 4th Mondays at 5:45pm

District Fifteen Website:
www.altrusa.org.nz

Altrusa International Website
www.altrusa.org

President Helen's Travels

Hello from Brugge, Belgium,

It is just a little over a month since Jan and her Membership team put together such a lovely Change-Over Evening. Thank you, Jan. In fact I owe a lot to Jan for stepping up, and holding the reigns while I trot off round the globe. I am writing this sitting on my hotel bed, eating Belgium chocolate for desert. Brugge is an amazing old city, many of the buildings date back to the 1400's. Something we in New Zealand find hard to comprehend.

We have had a wonderful time in Germany catching up with many of the Wwoofers we have had working for us over the years. It has been great to see them in their own environment and to meet many of their families. We have stayed in Germersheim, Ulm, Hann Muenden, Leipzig, Hamburg and Bremerhaven with them. Don is loving driving on the Autobahn, 130km in the slow lane!!!! I won't let him go any faster.

I am delighted that Maria and Graeme are going to be joining Don and I in Nashville for Convention. It will be fantastic to have the 2 voting delegates that we are eligible for present at Convention. It will be a great privilege for us to see Leanne installed as International President, especially for Maria as she has worked so closely with Leanne with the preparations for the 100th Birthday Party.

I hear the Fabric Bazaar was once again a success. Just where does that material come from year after year? Thank you Jean for the use of your garage, for measuring, storing etc, (and Graeme for putting up with us).

Thank you to all my Committee Chairs for the year. It is the Chairs who really are the heart of a club as you guide the club on a smooth path, ensuring that ongoing projects are completed successfully, and instigating and carrying out new projects. I look forward to being back at the beginning of August and catching up with what you have been doing so far. **Helen.**

BOARD:

President:	Helen Newlands
President Elect:	Norma Dovey
1 st Vice President:	Lyn Cartwright
Corresponding Secretary:	Claire Jelgersma
Recording Secretary:	Liz McIntyre
Treasurer:	Kath Mercer
Immediate Past President:	Robyn Moynihan

DIRECTORS: Senior	Yvonne Blaikie
Junior	Sue Preston

COMMITTEE CHAIRS

Liaison:	Jan Sutherland
Service:	Lynne Isbister
Communication:	Pam Balcombe
Literacy:	Bev Manson
Vocational:	Lynette Budge
Membership:	Anne Brown
Finance:	Kath Mercer
ASTRA:	Liz Ballantyne
	Nancy Allan, Jenny Cleland
Parliamentarian:	Kath Mercer
Archives:	Sue Preston

IMPORTANT DATES

June ~ Liaison

5	Board Meeting
12	Business Meeting – Star & Garter 5.45pm
24	Coffee Morning at Milligan's 10.00am
26	Programme Meeting – Star & Garter 5.45pm Guest Speaker - Sharon Price – Life Flight

July ~ Communications

3	Board Meeting
10	Business Meeting - Star & Garter 5.45pm
21-24	International Convention Nashville Tennessee
24	Programme Meeting – Star & Garter 5.45pm Guest Speaker– Hadyn Meikle – Oamaru Mail
30	Coffee Morning at Milligan's 10.00am

August ~ Membership

7	Board Meeting
11	International Youth Day
14	Business Meeting - Star & Garter 5.45pm
26	Coffee Morning at The Roost
28	Programme Meeting – Star & Garter 5.45pm

In The Pipeline

Christmas Extravaganza ~ November 9th

Magic Mums ~ October

District Fifteen Conference ~ May 4th -6th 2018

From the Editors –

We hope you enjoy your first issue of the Whitestone Chatter for the 2017/2018 year.

Thank you to everyone who has contributed. Please keep your items/news coming in.

Information for the next Newsletter needs to be in by **29 September**

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

The Communications Committee:- contact pam.balcombe@netspeed.net.nz

Altrusa Change Over evening May 22nd



The president for the year 2017-2018, who is coming in for her second term of office is Helen Newlands.

Helen first held the position in 1999-2000.

Helen is pictured having her badge re-pinned by her sponsor of 1989 Phyllis Bain.

WELCOME TO THE BOARD for 2017-2018

Jan Sutherland Liaison, Helen Newlands President,
Robyn Moynihan Immediate Past President



Kath Mercer Treasurer,
Lyn Cartwright 1st Vice President

Liz McIntyre - Recording Secretary,
Clare Jelgersma - Corresponding Secretary,
Norma Dovey - President Elect



Yvonne Blaikie - Senior Director
Sue Preston – Junior Director

Committee Chairs 2017-2018

Each committee chair was asked:- what you on a personal level hope to achieve/goals in your role as a committee chair.

LIAISON

Jan Sutherland is the chair her aim:- To provide cheerful support for the President and the committee chairs as they meet and plan their activities.

COMMUNICATIONS

Pam Balcombe is the chair her aim:- To produce 4 News Letters, to ensure Altrusa maintains a high profile in Oamaru by reporting and publicising events. Keeping District Fifteen informed as required.

MEMBERSHIP

Anne Brown is the chair her aim:- I am looking forward to the challenge and will endeavour to do my best in this position, to encourage and support new and existing members.

SERVICE

Lynne Isbister is the chair her aim:- to do all our service projects well and enjoy doing them plans for the Magic Mums are under control. We will help with the Extravaganza as needed and then the Senior Luncheon next year. Will be a busy year but that's the way I like it.

LITERACY

Bev Manson is the chair her aim:- We will be supplying the Books for babies and information packs for the new parents. If members agree reinstate the donation of a couple of books to the Public Library. To be able to regularly cover new library books at North School during the year for them.

VOCATONAL

Lynette Budge is the chair her aim:- My goals and those of my committee is to encourage as many applications as possible for our Vocational Awards. To find the best candidates to receive the Altrusa Award, also to create Public Awareness of our Vocational Commitments.

Thank you to the chairs for their input. We also have:-

Our ASTRA group, at Waitaki Girls High, which is overseen by Liz Ballantyne, Nancy Allan, Jenny Cleland.

Oamaru house delegates, Jean Palmer, Cara Duncan, Nancy Allen, Helen Newlands as President.

Literacy North Otago representatives, Nancy Allen, Liz Ballantyne

Updates of community projects and

THE ASTRA FLAG



ASTRA

The ASTRA flag was carried by Jeanette Halcrow at the 33rd Conference at Tauranga 2017.

The ASTRA president for the coming year is Charlotte Tanner. Nancy Allen reports they are considering holding a car boot sale and will possibly require assistance, if it goes ahead.

OAMARU HOUSE ~ JUNE 2017

Oamaru House continues to be popular with clients. Nancy and Jean went to Dunedin to go through the property so that they could complete a Risk Assessment Hazard Control Plan Form.

Those who have been to Oamaru House will appreciate how lovely the whole facility is. We did speak to some clients who had very high praise for the whole place and also the staff. Jean Palmer

SWIMMING ~ July 2017



11 Children from 4 schools around Oamaru will participate in our sponsored learn to swim classes for children, who would not have had the opportunity.

They will receive one of these colourful swim bags containing, goggles, float board, hat, and towel. Half way through their lessons they will receive free swim passes and when completing their 10 lessons will receive further free swim passes –total of 5.

BAZAAR June 11 2017



Thanks to the Muscle team – not sure if they are discussing, rugby or the need for another table.



A family of satisfied shoppers

Another successful Bazaar was held in June. An estimated 500 hours of work and fun and friendship, produced a tremendous effort by all concerned with \$5000 plus taken on the day.

To all that helped at the working bees, setting up and on the day, the husbands with the muscle power and those that provided sustenance - Thank you.

The overflow from this year's Bazaar went to The Charity Barn, Oscar's, and pre-schools.

The profit will be used for the Tertiary awards later this year and Literacy projects.

Helen Conn convener



The doors are open.
Busy, busy shoppers looking for a bargain



Still having fun at
the end of the day

Conference Tauranga May



Jeanette, Norma and Robyn enjoying the first night dinner at conference.

Norma, a first timer, thoroughly enjoyed meeting and mixing with so many other hard working women and appreciated the enthusiasm of everybody.

The speakers were very good and topics covered included children's behavioural problems and the fact that neglect is also a form of abuse.

Wendy Isaacs spoke on assistance dogs, how they can be used to assist with autistic children, people with dementia, diabetics and recognising some cancer issues. A collection at conference raised \$395.00

Selwyn Cook, Workbridge Employer Ambassador from the Hamilton area spoke about his own rewarding experiences of employing people with disabilities.

In the work force of New Zealand 24% are classified as having a disability.



Helen lighting the memorial candles for Gail Meikle and Vicki Kennedy



The glam girls!!! Robyn, Norma, Helen and Jeanette. (Maria absent at time photo was taken).

34th ANNUAL CONFERENCE NEXT YEAR – ASHBURTON 2018.

Come along and join us, have fun, meet new people, learn more about Altrusa.

Guest speakers June & July programme meetings

LIFE FLIGHT SERVICE – Sharon Price - JUNE 26 2017

This service operates two air ambulance Beaver planes and offer full intensive care to patients during a flight, an Intensive care Doctor and a nurse are on each flight. It is an inter-hospital service, eg from Dunedin to Wellington, Auckland or Christchurch, whichever has the urgent specialist medical service required. This is a twenty-four hour service and the crew is on call and on site at all times. The service is funded by ACC, DHB, corporate and public donations. One side of the plane is stripped of seating and this is used for the patient and their attached equipment, they have fully equipped incubators for babies. The seating left in the plane enables family to travel with the patient, plus the medical and airplane crew.

Sharon had needed this service just over three and a half years ago when she suffered a brain aneurism. She was flown from Dunedin to Wellington for the required specialist care and was one of the lucky ones to be able to meet and thank the flight crew. Sharon is now back to full health and where possible she gives talks to groups about Life Flight and the work they do and the support needed to maintain this service.

THE EDITOR OAMARU MAIL – Hayden Meikle – JULY 24 2017

Hayden Meikle (Editor of the Oamaru mail and son of Gail) was our guest speaker. Hayden spoke eloquently about his journalism career which started as sports writer in 1998 covering everything from netball to basketball, hockey to softball and including rugby. Hayden was fortunate enough in his early days as sports editor with the Otago Daily Times to be sent overseas to cover both netball and rugby – something he is very grateful for, as there is not enough in the budget now to do this again.

When the decision was made for the Oamaru Mail to become a once weekly publication the transition was painful but necessary. The newspaper relies heavily advertising especially Real Estate companies.

Hayden gave us interesting insight into his job daily, weekly and over a five week period. “The Mail” is printed on Thursday morning; the layout needs to be completed by Tuesday (some finalisation on Wednesday). He has the next 4–5 weeks partially planned ahead. A self confessed “control freak”, Hayden reads the newspaper draft cover to cover before giving the go ahead. He is a firm advocate of our regional newspaper, although changes are likely in the future, he supports and encourages everyone to continue to read the written word, rather than watching news on digital devices.

When asked about headline grabbing news, Hayden reply was “There is no sensationalism in journalism – it is a fact that angles sell newspapers, it is the way the story is written that is important”.

Many questions were asked and answered (especially about delivery). Liz Ballantyne thanked Hayden for his interesting insight into the life of an editor.

District Fifteen and International

Our new Board who will lead District Fifteen during this Biennium



From Left to Right – Marvynne Ashley, Danae McConnel, Maria Mackay, Pam Hayes, Ming-chun Wu, Robyn Atherton and Alison Burr

CHRISTINE MELVILLE ~ District Fifteen President 2017-2019

Christine is a member of the Te Awamutu club and became a charter member in 1994. A teacher at Otorohanga college her subject is Food and Fabric Technology and has enjoyed 15 years there.

Her interests include, playing tennis, snow skiing, gardening, cooking and visiting her family and 8 ½ grandchildren.

Christine has become more passionate about literacy projects, as the first three years of a child's life is so important.

Christine has had the pleasure of helping to write the Installation Ceremony for incoming International President Leanne Milligan from Te Awamutu, and will also be carrying the New Zealand flag and the District Fifteen Banner at Convention 2017.

Adapted.

Altrusa Members



Jenny Cleland and Anne Brown have both received recognition of their introduction of 2 new members to Altrusa Oamaru in the membership year.



The badge they received



CONGRATULATIONS

★ TO YOU ALL ★

LETHA H BROWN LITERACY AWARD 2017

Our entry 'Words Work', won the award at conference 2017.

Our entry now goes forward to Convention in Nashville. Where we will vie for the supreme award - International Letha H Brown.

Putting together an entry takes time, thought, and awareness of criteria, so a big thank you to all those involved especially Lynette Budge and Helen Newlands.



Maria Mackay

Governor Elect District Fifteen 2017-2019

"HOT OFF THE PRESS"

Our Letha H Brown entry

Came 2nd at

**International Convention
2017**

WELL DONE TO ALL INVOLVED

2 Winter Warmers from our

PUMPKIN, BEAN & RICE SOUP

¼ cup extra virgin olive oil

1 onion finely diced

1 leek, sliced thinly

4 garlic cloves, sliced thinly

½ teasp smoked paprika

2 sticks of celery, including the tender pale leaves, finely sliced

1 bay leaf

½ tsp fresh rosemary leaves, finely chopped - *I used ¼ tsp dried rosemary*

400 gr pumpkin, diced in small cubes

330 gr tin of cannellini beans or chickpeas, rinsed. - *I use chickpeas*

200g tin peeled tomatoes, crushed

1.25 litres of water

100gr (1/2cup) of short grain rice. - *I use Arborio, risotto rice.*

Heat oil in a large pot, over a moderate heat.

Add onion, leek, garlic and celery. Cook without colouring until the vegetables are tender. (10 minutes)

Add the pumpkin, smoked paprika, bay leaf, and rosemary. Stir to combine.

Add the tomatoes and about 1.25 litres of water.

Bring to the boil then lower to a gentle simmer, add rice.

Season with salt and freshly cracked pepper.

Cook until the rice is tender.(20-25 minutes)

Taste and adjust if necessary, sprinkle a small handful, coarsely chopped flat leaved parsley through it.

Serve in warmed bowls with feta or parmesan cheese over the top and a little drizzle of extra virgin olive oil. I love feta so have some cubed feta on the table.

It's a soup like a stew nearly and my friends love it. I buy an Artisan bread and finish cooking that in the oven while we have our wine o'clock time.

Preparing the soup takes the time but the end result is great and not many dishes to clean up after. *Coffee and an after dinner mint is all you need.*



Soup Number 2

DUTCH TOMATO SOUP



Have a big soup pot at the ready.

Tip in 2 litres of beefstock, self made or bought.

Add 1 large tin of Wattie's tomato soup.

I also add 2 packets of Maggi tomato soup, mix them with a little water so you can just pour it in the soup and stir it.

It now looks nice and red.

Add 1 medium –large onion, finely diced.

Cut up 4 decent sticks of celery finely. *It makes the soup.*

Add 1 large bay leaf or 2 smaller ones, and some Ground Pepper

I use 2 or 3 blocks of Dutch beef Maggi beef bouillion blocks. You buy them 8 in a packet!! break them up a bit and stir in the soup.

Let this simmer quietly for an hour or so.



In the meantime I make the soep balletjes.

500 gr mince

Mix with 1 egg, ½ cup of dried breadcrumbs, pepper, salt, a good pinch of nutmeg.

I have in my pantry small jars of Dutch Maggi tuinkruiden (garden herbs) stock powder.

I add ½ tsp or so. You just have to guess a bit and work it out with the salt.

I use this recipe for gehakt ballen as well or meatballs.

When the soup is simmering away for an hour or so, I just stand beside the range, roll small balls, bit bigger than a decent marble!! And drop them in the soup.

They usually float to the top. Stir and simmer for ½ hour.

Then I use the Dutch very fine vermicelli, what I buy from the Dutch shelf here is called Tosca.

Try 200- 250 gr, depends on your potful. Bring it quietly to the boil, stir so it doesn't stick.

Round 5 minutes and let it stand over-night.

It's thicker and tastes better. It's a big pot full, freezes well. This is all done out of my head.

Otherwise make your own version of tomato soup and add the balletjes.

The Dutch ingredients I buy here at SimpliFood/Real food - there is Go Dutch shop on line.

The family name for this soup is 'Oma's testicle soup'.

Robyn's Retiring Rhythmical Reminisces

What we've Got.

We've got Altrousers for the muscle and support when things get tough;
Though some of them get damaged when bulls too rough.
We've got Ainslie who dazzles uswordsmith extraordinaire,
And Phyllis who ascends on a fine mechanical chair.
Kath's the queen of minutes, she notes every single matter,
Who coughed or sneezed or who passed wind, she's got it down on paper.
We've got Joan for Gem and Geology and Yvonne with wit and energy,
Liz B for literacy and Lynette for grace and artistry.
We've got Lyn C who's an authority on matters of the medical,
In case this Dr in the house is somewhere inexplicable.
There's Jean with food a specialty,
Jan S who's got a strategy.
Her inductions are exemplary, there's nothing left to chance.
There's Tania who's an authority on matters of society.
Jan Wheeler is political, she'll make the Council dance.
We've got Wally for hilarity, which causes some anxiety
For those with continence frailty, she's quite beyond the pail.
Then there's Cara's dry wit and honesty,
And Claire who by necessity, is always most exemplary, attending to the mail.
Bev's there with regularity and eager activity,
She understands commercial washers and their peculiarities.
And Alison's returned to make us all ecstatic
And Ann brings members by the drove with wondrous regularity.
Our Nancy is a special one. She provides the perpetuity
And Helen Conn has stepped up to the mark.
She's taken on a job that we all said "No not for me!"
Now Tony's place is Advantage Fabric Mart.
Helen N has the remedy for prior president's insanity.
She knows Altrusa legalities and the answer to the probs.
Jeanette who asks us regularly, Is it project or generality?
She keeps the books immaculately. We thank her for a great job.
Then there's Margaret who could sell us cars and help us educationally

And Julie who's a wiz-kid in the kitchen.
She would show us with a microwave and zap us radiationally
Until we are completely frizzen
We have Jenny with a tendency to knock herself incessantly
She really is a treasure that we love.
And Maria who has risen up the ranks of District Fifteen,
We're looking forward to when she is our Gov.
We have Norma who has courtesy, and often nobility
She's a classy act but still a bit of fun.
But Helen has superiority of matters Altrusan, She'll sort out what I haven't done.
There's some friends no longer with us and we say with unanimity
They always have a place within our hearts, and although this smacks of frivolity
We know with assurity, that those not here, are beside us on our path.
We have members, who intend to come, but haven't done formality.
So Joss you'd better get here soon and be in our fraternity.
And Pam we look forward to your accentssuch variety
They teach us and entertain us. They're delivered with propriety.

So now I'm at the end of this year and its philanthropy.
You should be super pleased with what you've done.
And I'm about to choose my word. Is it obscurity or vulgarity
Or insanity You choose which one!

Robyn Moynihan, Retiring President , May 2017

Thank you Robyn a good year ending in fine style, this was great, different, a lot of fun and thought.

