

Jewels in the Community – Let us all shine

In This Issue.....

Page

1	From President Lorraine
2	2017 - 2018 elected and appointed officers
2	Important Dates
3	Our Projects
4-6	Supporting our Community
5	2018 International Dinner
6	Treasurer's Report
7	Committee Chatter
8	Getting to Know Each Other
9	Altrusa Socialises
9	Role of a Secret Buddy
10	A Motivating Story
11	Connecting with District & International
11	An Altrusan Accent
12	Timaru Bulletin Board

From the President.....

I've been thinking about all our achievements of this past year and it's been a very fruitful and exciting time. Great attendances at our meetings, great support for our projects, great social events, and some very caring moments within the club. That is what Altrusa is about. Many times friends and acquaintances have said to me about the great work we do and I believe there is a growing awareness of Altrusa within our community.

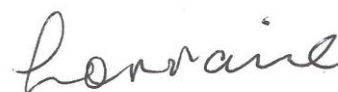
Talking about what we can achieve and help and support in the community, the following came to mind -

The Altrusa International project – Days for Girls – giving girls the FREEDOM to carry on with their lives is so very important. I look forward to our working bee in June.

District Fifteen Altrusa Conference – this allows our club members to gain more KNOWLEDGE of how Altrusa can work within the community. The workshops, discussions and speakers we have is the forum in which we can share and gain our knowledge.

Second Time Grandparents Day – these folk take on a lot of responsibility in bringing up their grandchildren. Our club is showing SUPPORT AND CARING for these folk.

I believe that all of this is the philosophy of Altrusa. We are here to work for our community, to give folk a better place to live and to let others know that there are caring and supportive people like us in the community.



Don't let anyone dull your sparkle!

Altrusa International of Timaru
P O Box 4146 Highfield
Timaru 7942

President: Lorraine Watkins
president.timaru@altrusa.org.nz

Meetings: Women's Community Centre,
Butler St, Timaru

2nd and 4th Tuesdays at 5.30pm

District Fifteen website
www.altrusa.org.nz

Altrusa International website
www.altrusa.org

**Altrusa International of
TIMARU
2017 - 2018**

Board -

President: Lorraine Watkins

President Elect: Raewyn Hutton

Directors:

Lois Kirkwood

Maureen Skinner

Secretary: Sally Marsh

Treasurer: Raewyn Hutton

Imm. Past President: Jenny Bevin

Committee Chairs -

Finance:

Raewyn Hutton

Communications:

Nola Searle & Lois Kirkwood

Literacy:

Donna McColl

Membership:

Raewyn Hutton

Service:

Sally Marsh & Mary Stringer

Newsletter Editor:

Jenette Borrell

~~j.borrell@extra.co.nz~~

Ph: ~~6881165~~
~~XXXXXX~~

Note These Dates -

May

- 5 No Membership Muster as so many at Conference
- 4,5,6 District Fifteen Conference in Ashburton
- 16 Pink Ribbon Breakfast @ Raewyn's home. \$10pp
- 22 Our Changeover Night
- 28 Changeover Night for Altrusa Int. of Oamaru

June

- 2 Membership Muster 10.15am @ Zest
- 23 Memory Books - a 2nd workshop 9am till 3pm at WCC

July

- 7 Membership Muster 10.15am @ Zest

August

- 18 The *Altrusa Bazaar*

September

- 13 The *International Dinner '1920s'* Theme. 6pm - 9pm

November

- 7 *Christmas is Coming*

From the Editor -

After 2 years it's time for me to pass this task on to someone else, and so I would like to thank all Altrusans who have been regular contributors to this newsletter. Sometimes I've had to send out reminders, but in the end the information has always arrived.

I have sometimes wondered though - have I included information you've found interesting to read, or would you have liked to see other topics covered in the newsletter? Less photos? There have been three members who always made some comment, but otherwise I've never been sure if this is what members wanted. Remember, it is YOUR newsletter so perhaps some feedback to the incoming editor would be appreciated.



Our Projects.....



Literacy Allsorts continued.....

Memory Books for the Dementia Unit - An Update

Following our February working bee there were 20 books ready to be donated to our community.....



At Left - March saw us presenting Sue Shewan, from The Croft, 20 Memory Books for Alzheimer and Dementia patients. As you know, these books were made to spark a memory, spark an interest, or spark a conversation in patients, nurses and visitors alike. They certainly created that experience for us when making them!

At Right - In April, we presented another 20 Memory Books to Lynne Corry from Talbot Park. These were very well received by Lynne, who told us how much they were appreciated and gave some insights to her work and patients she looks after. Lynne stayed for the whole meeting and seemed quite keen to know more about Altrusa. Definitely a potential new member.



Swimming Lessons Project 2018

We have received the names of the pupils selected from the seven schools and these have been passed on to CBay.

The 14 students have been streamed over the school holidays to be put into their correct group.

We had a busy Saturday where May, Irene and Shelley did the sewing of the bags and Jenny and I did the extras to complete the bags. The towels have been put in the bags and now the drink bottles, goggles and swim caps that are being donated by CBay will be put in on Monday and we will present the bags to the first group of swimmers to receive their lessons.

We like to see them being taught and enjoy the delighted smiles on their faces when they receive their bags.

Betty Weavers, Chair



Altrusa, Supporting our Community.....

Celebrating International Women's Day

An Evening with Chryssie Woodham – Feeling Fabulous and Dressing for your Personality



On Thursday the 8th of March 110 women met at the South Canterbury Events Centre to hear Chryssie speak about a Unique Style 4 Principle Dressing system. Timaru Altrusans organized this event to celebrate International Women's Day.

Women of all ages gathered to hear Chryssie who inspired us to celebrate our unique features and to dress accordingly. Chryssie spoke about how when used correctly the colour and design of clothing can enhance our body shape and give us confidence when purchasing items of clothing. She chose two women from the audience and used coloured scarfs to demonstrate how when we wear the correct colours for our skin tone it enhances our positive features.

There were a number of questions from the floor. President Lorraine introduced and thanked our speaker.

Two nurses working with families who suffer from Post Natal depression spoke briefly at the beginning of the evening about their roles in supporting the Post Natal Adjustment Programme.



This was a very worthwhile evening which gave Timaru Altrusa more exposure in our community as well as raising funds for a very worthwhile cause.



At Left - President Lorraine presents a cheque for the \$2000 raised at the event to Nurse Nic Morgan for the Post Natal Adjustment Programme. Speakers will be funded from our donation.

Books On the Bay -

Celebrating International Childrens' Day

What a wonderful day we had sharing the love of books with the children who attended International Children's Day on Caroline Bay on 4th March. 900 pre loved books found new homes and will go on giving enjoyment to the readers. Our special rabbit looked right at home among the books.

Rabbit waits for the young customers to arrive!



Altrusa Assisting Bellyful

Sunday 8th April



Once gloves and hairnets were in place, **May, Glenda, Joan and Jenny** began peeling onions and whizzing ready for either Spaghetti Bolognese or Lasagne. May and Jenny cooked up 2 kgs of mince at a time adding the now whizzed onions, grated carrots and sauce while Glenda and Joan set out all the containers and wrote labels for the food being prepared.

It was all done with precision and in no time at all at least 60 containers of meals including Macaroni Cheese were all ready for transportation to the freezers where they are stored until needed by families.

‘Since 2009, Bellyful volunteers have delivered meals to families with new born babies, and families with young children who are struggling with illness in particular those lacking a good support network. Having a few meals delivered by a friendly face can be a real sanity-saver.’

<http://www.bellyful.org.nz/>

This was our first time giving ‘hands on service’ to Bellyful and sharing who Altrusa is with the Bellyful team. We hope it will be the first of many such occasions



Jenny Bevin, Project Co-ordinator



The Altrusa International Dinner 2018
Thursday 13th September, 6pm till 9pm
At the Southern Trust Events Centre, Morgans Rd

A 1920's themed night this year so start planning your costume now and be in to win the prize for the best dressed!

Tickets remain at \$25, and will go on sale in August.



S.C. Hospice Rock 'n Hop Market Day

Again, it was a cold day down on the Bay for the Hospice Rock 'n Hop Market Day, although not quite as windy as in 2018, but a constant rotation of Altrusans persevered to sell the muffins baked by our members.

\$202 was raised.

May & Jenny tempting those passing with the last of the tasty muffins!



Altrusa Awareness Week

Showing the Display mounted by the Communications Committee at the Public Library in March.

Treasurer's Report - Raewyn Hutton

We still have healthy balances in both the Project and Administration accounts. I'm sure you will all have been pleased that the subscriptions for 2018 - 2019 have remained at \$100.00 due in the most part, to the donations from Aoraki Funeral Services.

Since my last report, we have had the International Women's Day function with Chryssie Woodham, which resulted in a donation of **\$2,000 being made to Post Natal Depression** at our last Business Meeting. This was a very successful and worthwhile evening.

The food stall at the Rock'N'Hop event, raised **\$202.00** which again was a great effort, as we were selling the muffins and afghans at \$1.00 each!! Fortunately the weather was much better this year. Perhaps if we do it again, we could ask to have our stall next to the coffee sellers!!!

The **Bring and Buy for Foundation sales were \$91.00**, which will purchase items for the Foundation raffle at Conference. Once again, we are having a 'Cheese and Chocolate' theme, which is in Glenda's capable hands. Thank you all for your contributions.

This is my last year as Treasurer too!! I have enjoyed it very much. Probably just getting to grips with it as I finish, but I am sure Heather will fill the role admirably!

Committee Chatter.....

Literacy

Donna McColl, Chair

In March and April we presented the Memory Books made at our working bee in February - read all about it on Page 3!

Keep the date - We have booked another date of **Saturday 23rd June, from 9am - 3pm, at our meeting room** to make some more. Personally I would love to see all our rest homes and the Alzheimer's Society to receive at least 20 books each.

April is also our birthday month. A big thank you to my team for helping to make a great night easy and relaxing. 21 members, and one newbie in the making, enjoyed a meal at Zest exactly 47yrs after Altrusa International of Timaru began! Everyone received a hand made box of goodies, listened to a story of the Himba tribe's birth song, played pass the parcel, chatted and laughed through the evening. (We sneaked in a special thank you box of goodies to May, who made all the boxes for everyone else and may have alluded to a recent special Golden celebration she may have had.)

Thank you to May for making the boxes and Jenette for the beautiful invitations. Thank you to the members who helped prepare and donate the boxes and gifts on Saturday. It is much appreciated.

Thank you so much for your valuable contributions throughout the year on the Literacy Committee. I appreciate your commitment, knowledge, guidance and support always. We have been a strong team within Altrusa, amongst other strong and very capable women. It's been a pleasure to serve our community with you.

Communication

Lois Kirkwood & Nola Searle, Co Chairs

In the first week of March, our committee was responsible for setting up the Altrusa Awareness Week display in the Timaru Library foyer. We used photographs of the club's many and varied activities in the community, such as the Memory Books, Heart Kids, International Dinner, Make a Difference Day and Booster Bags for Boys, to inform the public about Altrusa. We left informative flyers and business cards so that anyone interested could contact us.

Membership

Raewyn Hutton, Chair

The Membership Committee held a very successful Orientation evening at our Programme Meeting in March with a good attendance of members and from the feedback received everyone learnt something new. Our newer members found it very informative and helped them, in some small way, to understand the workings of Altrusa. We are learning all the time! Thank you to those who contributed on the night - Jenette, Jenny, Judith J and especially May, who summed up what being an Altrusan means so beautifully.

We are now planning for the Changeover Dinner on 22 May.

As this will be my last report as Membership Chair, a huge thank you to my committee members - Judith J, Helen, Cushla and Marilyn for all your help and support during the year. I have certainly appreciated it.

Service

Mary Stringer & Sally Marsh, Co Chairs

As we near the end of our term on the Service Committee we would like to thank our members for their support and commitment over the past year. The food plates distributed before Easter was very successful - our thanks also go to the club members who helped with this project. We have had some very good feedback from it. Coming up next Saturday is our Magic Grandparents day. We have 14 people coming - and we hope they will enjoy what we have planned for them.

Getting to Know Each Other

Continuing our series about getting to know those of us who have been members for quite some time. In this issue we profile our sixth longest serving member - Judith J

Judith Johnson

Member since 1998

Proud to be a South Cantabrian and a "Baby Boomer" by birth, (Waimate), my father was a bridge engineer/driver by profession and my mother a tailoress. Educated at Waimataitai and Timaru Girls High Schools.

The eldest of three children (two younger brothers) I was always a bit of a tomboy. In those days, jeans did not exist and it was fortunate that my mother was clever with a needle as she was forever repairing my clothes!

Trained as a Secretary/Shorthand-Typist, a career which has stood me in good stead over the years, though I doubt that "Mr Pitman" would now recognise my short form of writing.

Married in October 1970, my husband Raymond and I farmed "Ariki Downs", St Andrews, (a sheep and cropping property) in partnership until 1977 when sadly Raymond passed away. I continued farming on my own account for a further 12 years. Was then employed as Electorate Agent to the Hon. Maurice McTigue, MP for Timaru, for a number of years.

Mother of two married sons - Quentin, Timaru (wife Sarah) and Lee, Christchurch (wife Helen). Devoted "Nana Jude" to six grandchildren (four grandsons and two grand-daughters). During my sons younger days I was involved in their play centre, plunket, school, sports and leisure activities, as well as a number of St Andrews and Timaru organisations, usually as Secretary and/or Treasurer.



Judith works with May, Raewyn and Betty at the Hospice Garden Walk in 2016

My current community interests include -

South Canterbury Justices of the Peace Association - Appointed a JP in 1977 and have served as a Councillor since 1986. I was elected as a Life Member in 1995.

Since 1980 I have been a sworn judicial officer of the Timaru District Court with jurisdiction to preside in Remand, Youth and Traffic Courts. As a court "dinosaur" I also now mentor the least experienced court JPs. Authorised by Ministry of Justice to issue Search Warrants and Production Orders for government agencies, including Police, MAF, HM Customs, CYP etc. Am also a former Deputy Coroner for the Timaru District with 10 years service.

Benvenue Ladies Friendship Club - Ordinary Member.

Altrusa Club of Timaru - Last, but by no means least, Altrusa which has brought me many new experiences and special memories over the past 20 years. It has given me great pleasure to serve as the Club's Secret Buddies Co-ordinator for the past 14 years. As a former President, I have one distinction not shared by other Past Presidents and that is I was never officially inducted as Club President due to personal circumstances which prevented me from attending the appropriate change-over function.

Sporting-wise, as a "couch potato", I now enjoy watching/listening to rugby (Crusaders fan), cricket, soccer, hockey and rugby league games. Hobbies and interests include - gardening, music, baking, knitting, reading (thrillers), politics and current affairs.



Altrusa, Socialising.....

Membership Muster December 2017



This photo never made the February Newsletter, so here it is..... rather late, but a good one!

The Role of a Secret Buddy.....

Participation in Secret Buddies, an Altrusan initiative introduced some twenty years ago, is a voluntary choice usually made at the time of joining our Club.

The role of Secret Buddy is to hold a supportive watching brief over another club member's welfare, either reporting to the Club President, or myself as Co-ordinator, if there is any concern or issue, which may be resolved by a club effort on their behalf. It is also usual practice to recognise a Secret Buddy's birthday, (to be found in the year book) and any other special occasion such as Christmas, Easter, 50th wedding anniversaries, or the birth of a grandchild etc.

A Secret Buddy's challenge is their ability to fulfil their role without being discovered or identified by an observant member when delivering their special gift or card. I must say it should not be taken for granted that I am, in fact, your Secret Buddy if I am observed quite openly delivering gifts. I do, from time to time, deliver them on behalf of other members, when during times of their absence or illness.

Upon receiving a gift or card from your own personal Secret Buddy, it will always be appreciated by them if their thoughtfulness is acknowledged in the club's newsletter, as it has been known to happen, and members should be aware of it, that a Secret Buddy has not always had the pleasure of receiving a gift due to theft from their letterbox. By taking this action we can be sure that the recipient has received their special gift or card.

The Secret Buddy new year rotation commences on 1st July and concludes on 30th June inclusive.

The Secret Buddy system can only work if both members play their part, and it is very sad to have a members ask to pull out of the scheme because of a lack of participation or any acknowledgement from the Altrusan they are partnered with during that year.

It is voluntary so if you do not wish to participate in the scheme please advise me by June 1st.

Judith Johnson, Co-ordinator

A Motivating Story About Dreams - Contributed by May

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that that lit up her entire being.

She said, "Hi, handsome. My name is Rose. I'm eighty-seven years old. Can I give you a hug?" I laughed and enthusiastically responded, "Of course you may!" and she gave me a giant squeeze.

"Why are you in college at such a young, innocent age?" I asked.

She jokingly replied, "I'm here to meet a rich husband, get married, have a couple of children, and then retire and travel."

"No seriously," I asked. I was curious what may have motivated her to be taking on this challenge at her age.

"I always dreamed of having a college education and now I'm getting one!" she told me. After class we walked to the student union building and share a chocolate milkshake. We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this "time machine" as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three by five cards on the floor. Frustrated and a little embarrassed she leaned into the microphone and simply said, "I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know."

As we laughed she cleared her throat and began: "We do not stop playing because we are old; we grow old because we stop playing. There are only four secrets to staying young, being happy, and achieving success. "You have to laugh and find humour every day. You've got to have a dream. When you lose your dreams, you die. We have so many people walking around who are dead and don't even know it!"

"There is a huge difference between growing older and growing up. If you are nineteen years old and lie in bed for one full year and don't do one productive thing, you will turn twenty years old. If I am eighty-seven years old and stay in bed for a year and never do anything I will turn eighty-eight. Anybody can grow older. That doesn't take any talent or ability. The idea is to grow up by always finding the opportunity in change."

"Have no regrets. The elderly usually don't have regrets for what we did, but rather for things we did not do. The only people who fear death are those with regrets."

She concluded her speech by courageously singing The Rose. She challenged each of us to study the lyrics and live them out in our daily lives. At the years end Rose finished the college degree she had begun all those years ago.

One week after graduation Rose died peacefully in her sleep.

Over two thousand college students attended her funeral in tribute to the wonderful woman who taught by example that it's never too late to be all you can possibly be.

Lessons: You are never too old to learn.

Laugh and find humor every day .

Don't let change overwhelm you, let change help you find opportunities you may have never seen!

Keeping in Touch with International & District.....



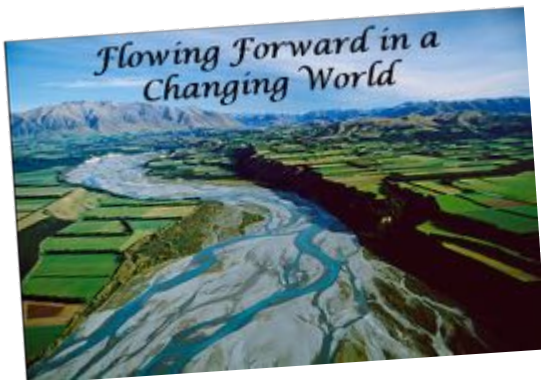
Our International Service Project

WHY DAYS for GIRLS?

When we mobilize girls and women,
their communities and our world grow stronger.
Pads are a small thing that make a big difference.

Around the world, girls and women resort to using rags, mattress stuffing, banana leaves, feathers, and even cow dung to manage their menstruation. Days for Girls provides a safe, beautiful, washable, and long-lasting alternative — along with vital health education.

Altrusa International of Timaru will assist this Project with a Workshop during June / July.
Further details to come.



District Fifteen 2018 Conference **ASHBURTON**

May 4th, 5th and 6th - ends at 12 noon sharp

Maureen still has space in her car for anyone who would like to drive through with her to Ashburton on Saturday 5th, to attend Conference just for the day

An Altrusa ACCENT

Making a difference in our communities is one of the primary reasons that each and every one of us has become an Altrusan. It is one of the things that attracts new members to Altrusa. Let's reach out into our communities not only through service but also by letting others know the great works we do. As one person, often, we cannot make a difference but when we work together we can do so much more. Think of one person..... and invite them to an Altrusa meeting so they too can become part of this wonderful organisation.

Leanne Milligan
International President 2017 - 2019

The Bulletin Board.....



Altrusa International of Timaru 2018 Changeover Dinner

Put on your glad rags and prepare to celebrate
the end of a year and the beginning of another!

Tuesday May 22nd

at Seven Oaks

6pm for 6.30pm and \$33 per person. Partners welcome!



Celebrating Birthdays

April 28

Marilyn Ross

May 18

Maureen Skinner

July 2nd

Lois Kirkwood

July 3rd

Evelyn Robinson

Thank you !

Thanks for my secret buddies Easter treat, someone who knows me well! I came home to find a paper bag on the front path with pansy plants in! Just what I needed to fill one of the many empty pots for our new deck. Again my humble thanks.

And also my thanks to my Altrusa friend for my birthday present!

Shelley

Thank you, secret buddy, for the very cute manicure set mysteriously found in our mail box. - very much appreciated as well as very useful!"

Helen

