



District Fifteen

Altrusa

Aotearoa

March 2019

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Call to Conference

Editor's Message

Hi All

I hope everyone had an enjoyable Christmas and New Year. Altrusa has started again, and I know that some clubs have a social get together in January and then meet in February. Most Clubs will be asking some members to take on Board roles. Give these roles a go – you may well enjoy being part of the team that helps to organise and streamline parts of your Club programme. Along the way you may gain more knowledge and gain confidence.

Ohariu

It was great to have a role in Chartering a new Club in our District. Our congratulations go to Katrina Clokie for having the drive and skills to help form the Ohariu Club in Wellington. Several other members stepped forward to help and by November there were sixteen members signed up to become charter members. Our thanks need to also be given to Danae McConnel who, in her role as District Treasurer, helped Katrina and the Ohariu Club through the process.

It was an honour for Leanne and myself to plan and organise the Charter ceremony which we themed around the Altrusa Logo. Local M.P. Greg O'Connor commented that in this era of dwindling numbers in voluntary service it was great to have a new club of volunteers forming.



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Governor Christine, International President Leanne and Ohariu President Katrina at the Charter Ceremony

Distinguished Clubs

I heard from International recently that five Clubs in our District have become Distinguished Clubs this year – Levin, Oamaru, Hawera, Te Awamutu, and Timaru. Congratulations to these Clubs!

New legal advisor

We welcome Nathan Bourke – our new District Fifteen legal advisor, into our Altrusa team of appointed officers. Nathan is the son of Diane Bourke, President of the Hawera Club.

Website

Please check out our website – some aspects have a new look – and our thanks go to Katina for ‘migrating’ our information onto a new server. And to Jenny Craig who updates information onto the web site. Don’t forget to send her your newsletters and update your **Club Photos** as these will be used at conference!

Conference

Te Awamutu Conference committee is busy with all aspects of conference. After the next meeting I am hoping to send out a variety of pieces of information.

Some information has been sent to Presidents and Secretaries – Award table of Judge Coordinators with addresses etc. Please note that all awards except Yearbooks and Newsletters need to be sent in electronic form.

Registration form is on the website and the accommodation options were sent out last year.

Remember the quilts??

Members made a variety of colourful quilts that were sent overseas in batches. Well one of our members found some in a suitcase recently and gave them to a refugee centre. She received the following email and photos:

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Hello

How are you? I visited the Morrinsville English class yesterday and was delighted to hand over the quilts to the Cambodian learners in the class (former refugees). They will share them with their community – they were very grateful and I know they will be enjoyed.

Please pass on our thanks to Altrusa Te Awamutu for the generous gift of time and thoughtfulness – we live in an amazing country and community. I have attached some photos for you to share at your next meeting.

All the best for Christmas and 2019.

Warm wishes

Ellena

Hei konā mai

Ellena Butcher | Rural Coordinator

English Language Partners New Zealand | Waikato Centre



Christine

From International President Leanne

Only weeks to go until Conference season is upon us. Conferences provide a wonderful opportunity to network with other Altrusans, share ideas and learn from each other. It is a chance for our club leadership to attend training so that Districts can provide greater support to our clubs. Strong leadership at the base of Altrusa is essential for our organisation to grow into the future. Interesting and informative Key Note Speakers provide greater insight into our communities and what we as Altrusans can do to assist those in need. Altrusa International Board representatives are assigned to each Conference to share news from the International level and to listen to the ideas and concerns of members. There is always fun planned as well. So now is the time to start planning on attending. You never know what you will learn! And once you have the bug and Conference becomes part of what you love to do each year.....there is always Convention. In July 2019 we will be holding our International Convention in Reno, Nevada. This takes what we do at District Conferences and ups the ante as we network with Altrusans around the world. Hope to see you there.

Leanne Milligan

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Our District Chairs

Leadership Chair – Katrina Clokie

Mixing Up a Business Meeting

A business meeting doesn't have to follow the same format every time. Here are three simple ideas to change the format and keep people engaged in your discussions.

How do you decide? If you have multiple ideas to choose from, it can be hard to determine what the majority of the club prefer. Instead of a show of hands, could you try dot voting? Write each option on a small card, or create a table on a whiteboard, then ask your members to vote by placing a dot next to their preferred option. If you have a lot of choices, each member might get 3 - 5 votes. Once everyone has voted, you can see where the majority opinion sits without people knowing which individuals voted for each option.

Do you have to read it out? If you have a lot of information that you need to share with the club so that they have context to a discussion or information for a decision, do you need to read it out? Try printing a few copies in a larger font prior to the meeting and putting them up on the walls around your meeting venue. When you reach that agenda item, take a five-minute break (set a timer, your smartphone should have this as a feature). Give people the opportunity to stretch their legs and read through the information themselves, and then reconvene the meeting to discuss the outcome or action.

Are loudest voices always winning? If you're brainstorming ideas as a club, sometimes it can be tricky to hear input from your quieter members. Instead of asking for ideas verbally, could you ask your members to write them? Try post-it notes or large pieces of paper where multiple members are writing on the same page. Silent brainstorming may be a challenge for some!

New Club Building - Whangarei

As some of you will already know, we have a keen volunteer in Whangarei who is eager to start a new Altrusa club. Patricia Chaplin made contact via the District Fifteen website in early January and would love to see Altrusa operating in her local community.

As I've just been part of building the Ohariu club, I'm helping Patricia along. We aren't yet at the first official stage of new club building; no forms have been filed. We're simply seeking two or three service-oriented people in Whangarei who would like to be part of this journey. Can you help?

If you know any potential Altrusans in the far north, please introduce them to us. Alternatively, you can pass along their contact details and we'll reach out. We've also [posted on Facebook](#) if you'd prefer to tag someone there.

Thanks in advance for your assistance,

Katrina Clokie

District Fifteen Treasurer - Danae McConnel

Tally-ho!

Here we are in the middle of February already, and before you know it, it will be time for renewals and Changeovers. This is a great time for Committees to work together.

Now is the perfect time to be in touch with your Emeritus members, to check that you still have their contact details correct and that their Emeritus member status is still relevant for them. Perhaps a Committee could organise a social get together for those that are able. An update of their details in Group Tally is an important part of your Treasurer's membership roster renewal.

April – not that far away now - is a great time for new members as they get 13 months membership for their Dues. Always remember that the date system in Group Tally is in the American format of Month / Day / Year. If the day numbers are small enough (less than 12) you won't get an error message if you enter the date in the NZ format, and your new member's start date will become the month you enter.

With Changeovers on the horizon, it is a reminder of the Leadership of our Clubs - past, present and future. Group Tally records only go back a few years as not all your Club and member history was able to be migrated over to this new system. Changeover would be a good opportunity for the Membership and Communications committees to work together through your Club records and Year Books and help your Treasurer, or someone else on your Board with Admin rights, to add the Leadership positions your members have held – remembering the date format when you add this information also. This could lead to an interesting update for your Club at a Programme meeting.

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Best wishes for the coming months, and I look forward to catching up with many of you at Conference in May.



Membership Development Chair – Carol Haskett

Congratulations to all the clubs who have retained or gained members through the year but if your club has not enjoyed the company of a new member yet then please plan now - April is “Add an Altrusan Month”.

Please continue to think and then follow up on Recruitment, Retention and Revitalisation but also remember to promote the value of being a member in a service organization:

- Incredible networking opportunities
- Meet new people and make lifetime friends
- Develop new skills or build upon what you currently have – leadership, organization skills, team planning, project coordination
- Expand your horizons
- Strengthen your personal mission
- Develop personal skills such as patience and tolerance
- The feeling of being energized and a renewal sense of satisfaction by making a difference
- Expand upon the leader within you
- Learn strategic thinking, change management and conflict resolution skills
- Become more in touch with your community, its trends, issues, people and resources available
- It is a wonderful journey and you never know where it will take you!

Check out the Altrusa website under Resources for any information you may need

www.altrusa.org.nz

Nominations Committee

As yet we do not have a full slate for the 2019-2021 Biennium.

Two Directors are still needed. Could members please consider taking on this role.

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You would be asked to attend two Board meetings for the year – one at Conference. Help to coordinate an IFF day and visit 3-4 clubs in your area.

Come and join us, learn more about Altrusa and meet other new members.

Out and about with Clubs

Altrusa Levin

A special day for resident Kaye Kidd, a local Rest home resident and our inaugural president of Altrusa Levin, who received the gift of nineteen handmade scrapbooks from members of our Literacy Committee. Residents and staff were delighted to receive these books. A consultative process ensured the books reflected the interests of residents and several club workshops throughout the year had been held to put these colourful books together.



Already in 2019 members have been working busily in unison on a two-day fundraising project. This time it was to provide lunches for hungry country visitors to a local "Harvest Weekend". Muffins by the dozens, and hearty club sandwiches were all welcomed. As a result, worthwhile donations will be made to two local organisations - St John and the Waitarere Life Savers Club. Plus, the comradeship gained while all working together on such a venture is a fantastic bonus. A prospective member joined us for both days (she enjoyed it so much), and ex-members volunteered to come back to be part of "our Altrusa gang" and help once again.



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Altrusa Levin have advised that one of their Emeritus members, Pamela Smith, passed away earlier in the year.

Pamela joined Altrusa Levin in 1981. She served two consecutive terms as President 1988-89; 1989-90 and was awarded Emeritus membership in 2001.

She served for more than 20 years during which time she was an extremely hardworking and popular member working amongst the community of Levin where the club assisted so many. Her leadership skills are remembered by those long standing and serving members of the club, some of whom are still very active.

Pam will be remembered and missed by both her Altrusa friends and many within the Levin community for all the work and enthusiasm she brought to everything she did.

Altrusa Christchurch

Foundation Beginning of the Year

On a beautiful sunny warm day, 10 Christchurch members and 4 Altrousers spent a lovely day at Ann and Paul Wilson's home in Rangiora. Sitting outside, relaxing and talking of things we had done over the Christmas New Year period was very pleasant, also made more so by the odd glass of wine! We began this many years ago. We have an entry fee and a sales table and the money from this goes to Foundation.

Finally, the time came to leave. It was a special day and now another Altrusa year begins for Christchurch.



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New Members Welcome

If you know anyone living in Christchurch who could be interested in becoming an Altrusan to help our club to serve our community, please contact the following –
president.christchurch@altrusa.org.nz or Altrusa Club of Christchurch PO Box 21018 Christchurch.



Altrusa Palmerston North

SCHOLARSHIP for TEEN PARENT UNIT FREYBERG HIGH SCHOOL – This year the club decided not to have a scholarship due to the lack of funds, however we intend to keep our association going for future years. This year Pat and Linda attended their breakup celebrations. Pat presented the crèche with some books we had gathered through the year.

2018 Christmas party - Celebrations were held at the Cosmopolitan Club, we had a lovely meal, good company and a fair few laughs. Pat had made some Christmas parcels, one for everyone which was lovely. We all took non-perishable food and Pat took these to the food bank.

New Year Get together – because the weather was so changeable, we went to the Cosmopolitan Club for dinner. It was great to hear what everyone had been doing over the holidays.

10 Year Charter Anniversary Dinner – preparations are well underway. The date has been set at 22 March at Hotel Coachman. If you haven't received an invitation and would like to attend, please contact our President Pat at president.palmerstonnorth@altrusa.org.nz



Altrusa Cambridge

This meeting, our first for the New Year is an extra special one as we as a club acknowledged and congratulated President Jenny Shaw, Joanne James and Rae Newport for the dedication, time and effort they have given to Altrusa International Cambridge over the past 25 years. They have spent time collecting for various organizations, caring for the elderly, chairing meetings, arranging events, hosting functions, balancing the books, writing minutes and a lot more.

A wonderful achievement - well done to you all.



Governor Christine Melville presented the 25-year badges, certificates and flowers.

THREADS ACROSS THE PACIFIC

Yesterday some of our members met at Chris Davies home to help prepare material, zips, buttons, lace etc. so we can load another container to send off to Vanuatu. This is our clubs International project and one we are all enjoying.



Ashburton Altrusa

On the 27th January, we celebrated the beginning of 2019, with a social get-together at Trott's Gardens, which is on the outskirts of Ashburton; a beautiful public space with stunning gardens.

It was a warm day, and of course the potluck lunch was delicious with many recipes admired and shared. We enjoyed a garden quiz organised by Helen, where we identified plants and structures.

It was an excellent opportunity for us, and our menfolk, to catch up on holiday and family news.

What a positive way to begin 2019 as a Club.



Who's Who
 Standing: Isabell Page & Rosemary Moore
 Seated in Chairs: Alison Quinn & Mike Bowler.
 Under tree: Maureen Bishop

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Altrusa Ohariu



Altrusa Oamaru

Care Packs for Oamaru Hospital Patients

A group of Oamaru secondary school pupils have put together care packs for patients admitted to Oamaru Hospital through the Emergency Department or as inpatients. About 15 pupils belong to Astra, a junior Altrusa group that operates out of Waitaki Girls' High School.

One of Astra's coordinators, Waitaki Girls' teacher Liz Ballantyne, said the group had decided to raise funds and seek donations from Oamaru businesses for care packs for child, male and female patients. About 25 packs were presented to the hospital recently, and the project would be on-going as more packs were needed. Altrusa member Nancy Allan made fabric bags for the packs. Some items were donated by Paper Plus, Bracken Print, F and F Dental, Oamaru Pharmacy, Cooper and Hunt and Crombie and Price and others bought with funds from raffles and catering.



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“Be a Santa to Senior”

The Oamaru Altrusa club repeated their “Be a Santa to a Senior” project for a second time. The six rest homes were visited and asked if they would like to supply us with a list of people who have no family, or they know will not receive a gift on Christmas morning. A total of 35 residents were identified. The rest homes activity officer asked each person what they would like for Christmas and filled in a master sheet with Name (first name only), Sex, Item detail, and Size (if applicable).

Club members decorated a Christmas tree with special tags, and this was placed in the local Oamaru Pharmacy. An excellent article in the local Oamaru Mail that is delivered free to every house hold in North Otago invited members of the public to take a tag off the tree, purchase the gift and return it to the box in the pharmacy. The tags had all gone off the tree in four days. Many people bought extra gifts or dropped off sweets. Every senior received at least two gifts and sweets.

Members of the Service committee checked, wrapped those that needed it and sorted the gifts into the appropriate rest home boxes which were then delivered to the Rest homes for dispersal on Christmas morning.



Altrusa Taieri

For the literacy month of September, the committee decided we wanted to get as many books as possible into the families on the Taieri.

Contact was made with a local midwife and she was very keen to help us with this task. We were able to give her 15 books that she then could give to new Mum's for their new born babies. They were well received with a lovely response from one mum crying saying

"Oh my baby's first book"

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This is an email that I received from the Midwife. *"The books were met with great delight, one midwife told me that her client started crying with delight (and hormones I'm sure) when she received her baby's first ever book."*

Below is a letter of thanks from one of the book recipients

Dear Mosgiel Altrusa

Thank you for my baby's first book, it was a lovely gift and we have already been reading it to him and we know how important books are for babies.

Thank you again.

Kelly, Gerald and baby Leeroy



We then approached the local Plunket Nurse, Kelly, and she was very keen to support our idea. We gave Kelly 60 books, 2 puzzles & 6 games and these were given to children as they came in for their Plunket checks. Kelly sent me a text me to say that

"the books have been going down a treat.... Mums are loving them and some have incorporated them into

their nap time"

There were books left over and we decided that these would be given to the Food Bank and they will be given out as Christmas presents.

Our speaker for September was local author Maxine Alterio. Her two well-known books are "Ribbons of Grace" & "Lives we Leave Behind".

Maxine was a very interesting and inspirational speaker talking about her writing process which is very different for each project. Each book needs a lot of research and travel to help make her books more authentic. Her third book is due to be launched in May and the Altrusa Club will be there to support her.

I want to thank my committee for their help and support. We still have one project to finish which are the Dementia folders but this is something that will be finished next year.

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Altrusa Hawera



We have had our first dinner meeting for the year and it looks like a productive and fun filled time ahead for us. Our speaker was the Librarian from Whanganui Men's Prison and we presented her with boxes of Jigsaw puzzles for her library.



The photo shows some of the contributions to Dress for Success in New Plymouth. They are collecting bras to support the "Uplift Project". Since 2005 they have sent over 1 million bras to Asia and Pacific countries.

Our **"Make a Difference Day"** project was donating blood by members & family. A painless way to make, not only a difference to someone, but quite likely save a life.



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Altrusa Timaru

Our 'Christmas is Coming' fundraiser just keeps getting bigger. We had 303 people walk through the door. It was a lovely evening and people who were out walking around Caroline Bay were happy to pay to come into the Bay Hall to see what was happening. The stallholders were happy and there was



a very positive vibe about the evening. Having the EFTPOS machine there is a real bonus!! Many of the new stalls created a wonderful impression. The ARA Stall with the bakery students especially. People of all ages were queuing up to ice a gingerbread man. It created quite a buzz!!

The hall was beautifully decorated by our members and it looked very Christmassy!! Once again, the beautiful platters of food which were taken around during the evening were well received. We are renowned for our delicious food!!



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Altrusans – We are the Champions!

Conference 2019

Te Awamutu

Friday May 17th – Sunday May 19th



Have YOU registered yet? Early bird registrations close on 5th April with a \$30 discount on the full registration and even more for First timers!

Final registration closing date 17 April 2019

Governor Christine's invitation to Conference:

I am thrilled to invite all District Fifteen members to our 35th Conference in Te Awamutu.

The Conference will be held in the Te Awamutu Rugby Sports and Recreation Club in Albert Park Drive, May 17th to 19th, hosted by Altrusa International of Te Awamutu.

Our Conference Chair is Brenda McIvor.

The later than normal weekend was chosen so that our very own International President Leanne Milligan could attend this District Conference as our "International Visitor!" It is a bonus that she is also in her home town. (There might be an opportunity on Friday morning to visit her toy room – or should I say rooms!)

Tanika Wilson – Executive Director from the Altrusa International office will also be attending our conference.

The theme "We are the Champions" was based on the area being called "Waipa Home of Champions." This is a 'sporty' reference however our champions are all the Altrusans in our District!

Friday night - We are in Sports clubrooms; in the heart of Waikato country and our theme is a play on the words of a 'Sports Phrase' thus.....anything 'sporty'

Why come to Conference?

- It is good to spend time with some of your own club members
- Catch up with others that you have met at Conferences and IFF Days
- Meet some new Altrusans
- Take part in workshops
- Learn more about Altrusa
- Hear interesting speakers

At this Conference, we will elect District Officers for the 2019- 2021 Biennium, conduct the business of the District & receive District and International updates.

Raise money for our International Foundation. **Remember to bring your raffle contribution.**

Conference is a time to celebrate the work we have accomplished during the last club year.

I'm looking forward to catching up with you - See you in Te Awamutu!

Christine Melville

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KEYNOTE SPEAKERS

LINDA VAGANA



Lynda is a former New Zealand **Silver Ferns** Netball player and current International Head Coach to Samoa's national netball team. Lynda is also a Member of the New Zealand Order of Merit (MNZM) for her services to netball. She is the General Manager of Duffy Books in Homes, a literacy-focused charitable organization in New Zealand.

JENNY MAGEE

Jenny knows about making tough choices and working towards a positive future. Through a decade of personal upheaval, she learned what she needed to live her own version of a bold life. Now she is committed to helping other women make the most of the second half of their lives.

Jenny's book, 'A Bold Life: How Women are Reinventing Life Beyond Fifty,' is available for purchase at the conference.



SHELLEY CAMPBELL



Shelley (Ngati Hine) is currently the CEO of the Waikato Bay of Plenty Cancer Society providing cancer prevention and support services to over 700 000 people in the region. She leads the team of 800 staff and volunteers working to prevent and minimise the impact of cancer through health promotion, research and community services including the Cancer Lodge, Outreach Nursing and transport services. She was awarded a MNZM in 2017 for her work in the health and disability sector.

ALL CONFERENCE WORK SHOP



Wendy Becker will lead an All-Conference Workshop following on from keynote speaker Shelley Campbell.

Wendy is CEO of enrich+, stepping into this role in 2010 following an extensive career with the health and disability sector. She is passionate and committed to moving the organisation forward to support clients and their whanau to lead 'a life like no other'

First Timers

Have you ever been to a District Fifteen Conference?

If not, you are a First Timer and are eligible to a discounted registration fee of \$15 off the "Early Bird Full Registration" which is due by Friday 5th of April.

First Timers – please plan to attend the First Timer session at 1 p.m. on Friday May 17th. Come & learn about what to expect during the Conference!

Accommodation options for Conference

If you are still to book here are some suggestions:

- ROSETOWN MOTEL – 0800 767386
- PARK LODGE MOTEL – 07 8715179
- KELLY ROAD CAMBRIDGE LODGE – 07 2820578 – 20 Minutes away from Te Awamutu BUT Superior rooms at a good price for us!
- B&Bs and Air B&Bs are available through i-SITE in Te Awamutu
Email – ta.info@xtra.co.nz
- Cambridge Club members have offered to billet any members Enquiries to Cambridge President president.cambridge@altrusa.org.nz

From Editor Jenny

Where has this past Biennium gone?

As I reflect on the eight DSBs which have been produced, I also reflect on the hours of service every member of Altrusa has contributed towards nurturing and growing, not only themselves by taking on leadership roles within Altrusa but the nurturing which has helped a wide sector of our communities the length and breadth of New Zealand and beyond

A big thank you to all Clubs who have sent in reports for each issue so ideas can be shared with others and new projects born from just a small spark of enthusiasm!

Raewyn and I have enjoyed working as a team, putting together your District Service Bulletin, now known as Altrusa Aotearoa, and we thank you for this opportunity of bringing the news of District Fifteen to you all.

Jenny



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