President’s Piece . . .

There’s a song I often sing about “coming” and I sometimes change the words to “Come, you who are so busy!” The more busy we are, the more we seem to be asked to “come” and support this, that and the other worthwhile cause.

This month, you who are all so busy, I urge you all to come…..

**Come…. to the Fabric Fair Working Bees-** come and show your support on 18th, 19th, 24th or 25th March. For a little work, there’s fun, fellowship and coffee - that’s what our club is all about!

**Come….. and meet District Governor Maria Mackay on the 14th at Airini’s. Come and show her what a vibrant club we are!’**

**Come….and bring a friend to find out about Good Bitches Baking at the next programme meeting coming up. What a fun night it looks like it will be!**

**Come….to the next morning tea 27th March.**

Hope to see you at all these events as we

**Make Each Day Worth Living (even though we’re busy!)**
COMMITEE

Communications: Met on Tuesday 11th February 10.30am at Tui’s home

- Signage at Adventure Park needs attention.
- Fabric bazaar – posters and flyers all out there
- Crochet teaching – can anyone assist girls at Waiopetu College?
- Discussed April hosting of Programme meeting.

Next meeting – TBA

Literacy: Met on 18th February at Liz’s home

- The “Thank you” boxes for Health Shuttle volunteers to be delivered earlier to coincide with Make a Difference Day, not Christmas as earlier planned.
- Jackie congratulated on submitting Flash Cards for Vanuatu submission.
- Funds now unavailable for Books for Young people.

Next meeting: Monday March 9th 5.15pm at Cherry’s home.

Membership: Met on 12th February at Alison’s home.

- Uplifting Day set in stone for Feb. 29th. Maureen managed the event well and under budget.
- Information and orientation meeting held for upcoming new member Jan Wikstrom.
- Airini presented with 45 year pin at February Programme meeting.

Next meeting: Tuesday 10th March at 4.30pm at Denys’s home.

Service: Meeting not yet held.
IMPORTANT ANNOUNCEMENT - CORONAVIRUS

1. If you have a runny nose and sputum, you have a common cold

2. Coronavirus pneumonia is a dry cough with no runny nose.

3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27 degrees. It hates the Sun.

4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.

5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.

6. On fabric it can survive for 6-12 hours. normal laundry detergent will kill it.

7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.

8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.

9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.

10. Can't emphasise enough - drink plenty of water!

THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days

2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.

3. With the pneumonia comes high fever and difficulty in breathing.

4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

SPREAD THE WORD - PLEASE SHARE.
DISTRICT NEWS - SPECIAL REQUEST

We are asking for help!

We are seeking two members with an interest in photography to volunteer as the conference photographers. Together the photographers will capture key parts of the conference including the opening ceremony, awards recipients and photos of groups dressed up for the dinners. We will then need the photos to be made available online to share with all attendees through a Dropbox or Google drive folder. If you would be happy to fill one of these rolls or want to discuss, please contact myself as the Conference Convenor or Julia Stevens, President of the Wellington club.

Please welcome aboard the

New Board for Altrusa Levin * 2020/2021

President
Airini

President Elect
Denys

Vice President
Diane G.

Secretary
Shirley

Treasurer
Ruth

1st Director
Glen

2nd Director
Cherry

Immediate Past President
Helen
In honor of Martha Hardwick Hofmeister’s longstanding service to the Altrusa International Foundation we are delighted to announce The Hofmeister Lamplighter

Martha Hardwick Hofmeister Altrusa International of Downtown Dallas, Texas

This new award has been created to recognize Martha’s many years of service to the Foundation and to highlight the generosity of the Foundation’s extraordinary donors.

The Lamplighter Program recognizes Altrusans who contribute $500 to the Foundation in one year.

Lamplighter members receive a gold pendant upon their first gift, then a diamond chip is awarded for each subsequent gift. The pendant can hold (25) diamonds.

Upon the 25th Lamplighter gift to the Altrusa Foundation a member will receive the Hofmeister Lamplighter pendant.

We look forward to sharing the jewelry design with you in the next issue of the Impact.
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**March 2020**

B = a very happy birthday to you 😊

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B = Heather

Live your life . . . and forget your age 😊
Membership Minute

I go out all day looking fabulous
- And I see no-one I know

I go out for 5 minutes looking like crap
- And it’s a freckin’ class reunion!

Let’s keep laughing . . .

What do you call a dog with no legs?
- It doesn’t matter, it’ll never come...

Have you heard about corduroy pillows?
They’re making headlines 😊

What did the right eye say to the left eye?
- Between you and me something smells

What do you call somebody with no body and no nose?
- Nobody nose ...
Membership Uplifting Day
- Saturday Feb 29 2020

This was our mystery day – all members were kept in suspense right to the last minute as to what was planned for our “special treat day”.

Sixteen of us met at Thompson House then dispersed by car pool. Down we went to Te Horo – first stop being a pleasant stop at “The Bus Stop” – our pre ordered coffees were welcome with a ginger slice and cheese puff. Delicious.

Second stop was “The Black Barn”, tucked in way behind the Quarter Acre café. Lovely time here to browse and buy whatever you fancied.

Final mystery tour led us to a private residence, where scrumptious lunch was laid out. After competing in jigsaw puzzles, drawing raffles, enjoying the banter, relaxing in beautiful grounds, all the ladies were replete in how well organized the membership committee pulled off this day.

Well done Ladies !!

I liked the little touch of everyone drawing a coloured button out of the little bag – to determine which car you rode in after each stop – great way to mix and mingle.

Little things mean a lot...

We sure made this day worth living

Live your life . . . and forget your age 😊
NOTICEBOARD

GBB

The Literacy Committee have invited a spokesperson from Good Bitches Baking, Kapiti Chapter, Kay Fechney, to speak at our March Programme Meeting.

We invite all those attending to have some fun and so bring the oldest cook book you own. Preferably with a very short interesting story to go with it. A prize for the best.

We are inviting some members from outside service groups to this as we are trying to support GBB to find a coordinator for Levin, as well as learn about their work. Thought we would try and spread the word. Members most welcome to bring a guest.

Fabric bazaar - more hands on deck please . . . are you free on either 18th, 19th, 24th or 25th March to help sort at our workshop 1121 Queen St?

Remember – close the gate please.

Don’t forget – fingerfoods at Airini’s home, on Saturday 14th March to welcome District Governor Maria Mackay.

Programme Meetings at Western House ($25 per head)

– please remember to advise Glen by Tuesday midday if you have guests also attending
Guest Speaker – **Shellie Hanley** – Celestial Harpist

A relaxing, informative and entertaining evening was had by all at our Programme meeting on Wednesday 19th February.

**Shellie** lives in Shannon, whilst caring for her dear Dad. Her 19 year old daughter lives in London.

What is really special about this talented lady is this – Shellie can not read a note of music.

After suffering a fall, on waking up one morning, Shellie has succumbed to a lifelong head injury, leaving her with no short-term memory.

This happened in December 2017. Having had no musical background or inclination, she was to discover “the harp was calling”. Shellie took lessons having kindly been offered a harp and has enthralled people with her hidden talent and exceptional personality to cope with her very different, but fulfilling life. In her earlier days, Shellie was a newspaper photographer.

Her short-term memory means Shellie has to make notes and lists, to remind her of events and things that need doing.

She would put a pot on the stove, cooking for herself and her Dad – many a time the pot would boil dry, because she couldn’t remember putting it there...

how exasperating that must be, Shellie made us laugh when she told us of the many pots she had buried in her garden – so Dad wouldn’t see!

This month Shellie is proud to be making her first CD recording, of her beautiful music.

**Well done Shellie**
PROFILE - Altrusa Board 2019/20

President  Helen
President Elect  Airini
Vice President  Christine
Secretary  Shirley
Treasurer  Ruth
Directors  Glen & Diane G.
Past President  Tui

CLUB CONTACTS FOR  ALTRUSA INTERNATIONAL LEVIN

PRESIDENT  HELEN  (president.levin@altrusa.org.nz)
SECRETARY  SHIRLEY  (secretary.levin@altrusa.org.nz)
COMMUNICATIONS CHAIR  TUI
LITERACY CHAIR  LIZ
MEMBERSHIP CHAIR  ALISON
SERVICE CHAIR  CHRISTINE

COMMITTEES

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