June Meeting
Our first meeting after lockdown. Everyone thoroughly enjoyed catching up after such a long time away and there was much chatter throughout the evening as everyone shared what they’d been up to. A special thanks to Kathryn and Wayne for being such amazing hosts and for the wonderful food. And also a special thanks to the Board for their soup contributions which on a cold winter’s night filled the spot nicely.
**Induction of the new Board 2020/2021**

From left to right
Heather de Groen – Membership/Communications
Kathryn Turner – President
Lorraine Eves – Projects
Diane Murray – Recording Secretary
Anne Bayley – Treasurer
Jenny Wright-Gardner – Past President

Kathryn presented everyone with a lovely bouquet of flowers beautifully arranged in true Kathryn style!

**Erin Allen Award**
The Erin Allen Award was to be presented to Alison Burr for all the assistance she has provided Kathryn in her role as president over the last year. As Alison was sick for this meeting the presentation will be made during the July meeting.

**Farewell to Susan Laws**

Susan has been a member of Altrusa since 2007 and has decided she would like to try some new challenges. Susan has been a passionate and enthusiastic member of Altrusa for the past 13 years. During her time with us she led the club as President in 2013-2014 and again in 2016-2017.

She served on the Board for many years and took on the Secretary's role with proficiency and service.

Susan and John opened their home to members and partners hosting our January BBQ's. Susan has always been fully involved with our projects and fundraisers. Her contribution was greatly appreciated. Susan was an editor of What's the Buzz. She captured photographs and articles which made interesting reading and kept members up to date with club news.

Susan will be very much missed, the Club wish her well in her new adventures. As a farewell gift Jenny presented Susan with three beautifully prepared meals which she had put together.
Our Club Project in 2019 was very well received by Grandparents Raising Grandchildren (GRG) so our Club agreed to support this very worthwhile Organisation again.

The Covid-19 Lockdown delayed our major purchase of 59 pairs of Pyjamas (PJ’s) after we received the list from the Co-ordinator. The first day of Lockdown when we could go shopping Margaret Donaldson queued at K Mart and the “shopping” began. Diane Murray, who had a priority appointment at the “hairdressers”, also queued at K Mart and joined Margaret with the final purchases. We found some wonderful bargains and then the serious part of the project began.

With assistance from Lyn McDonald and Heather de Groen we packaged all 59 pairs of PJ’s. Margaret’s lounge looked like a sophisticated warehouse with the PJ’s in sizes either on hangers or in bundles.

They were packaged, labelled in family lots with a card with a note that Altrusa Hamilton was supporting this project. Margaret and Diane met with the Co-ordinator on their first meeting date after Lockdown, where the families could collect them or they would be delivered personally by GRG.

A few extra’s have been requested these have been sourced and photos of delighted recipients have been received.
SPECIAL VISIT TO GLEN IVERSEN

Glen, as club members are aware has moved to the Hilda Ross complex. Several members have had conversations with her, however very unexpectedly she phoned and requested a visit. During Lockdown this is quite a mission. At reception questions of “why and have you got a booking”. Stage 1 sign in, Stage 2 had our temperature taken, Stage 3 put on a mask and sanitised our hands and after a brief wait set off down the corridor.

We had a delightful time with her. She was very funny when telling us about her encounters with the staff and other patients!! Not forgetting her likes and dislikes!!

On our departure we signed out and reversed the process. We left with a promise of a coffee and/or lunch with a “trolley darby” around K Mart – her favourite adventure.

Getting to know you
Heather de Groen

How do you spend your spare time?
Spare time?? What is that? I suspect I adjust the pace at which I have to accomplish things in. I do enjoy pottering around in the garden. I am essentially a ‘maintainer’ of keeping things tidy rather than creating new gardens. Occasionally I have a good idea. I don’t enjoy sitting idle, so, over lockdown I really got into knitting these kiddy slippers which are going to the paediatric ward at the hospital. That is my evening activity.

I have a passion for doing Code-Crackers and playing ’Words with Friends’ (scrabble) online with some friends.

I have really enjoyed having time to do some reading during lockdown. I am not good at sitting down with a book during the day if there is something to be done outdoors. I enjoy a good walk, a pleasant bike ride and time with friends. Catching up on that lately.

Volunteering also makes my life worthwhile. Really enjoy my shifts at CAB and doing the JP Clinics at the Base and Chardwell.

What accomplishment are you most proud of?
My greatest pleasure comes from my children and grandchildren. Watching them achieve and making the most of their lives, guiding their children to be good people. I can help with developing an interest in reading, but, our maths language skills are like a foreign language to each other. Between me and the grandchildren, I mean.

What is your signature dish?
This yummy Moroccan chickpea & chicken soup.
Warming dish
quick to make

While the soup is not really hot in the chili sense, it contains enough spices to make it more mildly different and add a distinctly warming element. This side to the comforting nature on a cool evening.

As far as soups go, it cooks quickly and, with bread or soup, makes a substantial and delicious meal for four to six adults. Alternatively, you could serve it as a delicious starter for a Moroccan-themed meal for a larger group.

MOROCCAN-STYLE CHICKPEA AND CHICKEN SOUP

For 4-8 servings:
2 tbsp olive oil
1 large onion
1 medium-large carrot
1 medium-large celery root
1 large tomato
1 chopped fresh tomato
2 cups chicken stock
2 cups red wine
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground turmeric
6 fl oz (1/2 cup) red wine or water
3 cups chicken, boneless and skinless
1 tbsp cumin seeds
1 tbsp coriander seeds
3 cups chicken stock
1 tsp cumin seeds
1 tsp coriander seeds
1 tsp paprika
1 tsp salt
1 tsp black pepper

Remove the leaves in a large not or roasting dish. Add the
chicken, breast and 3/4 cup water or stock. Stir and cover,
then bake in a preheated oven at 375°F for 30 minutes, or until
the chicken breasts are done. Let cool and Reserve.

In a large non-stick pan, heat the olive oil over medium heat. Add
the onion and stir until soft. Add the carrot and stir for an additional 2
minutes. Add the celery root and stir for another 2 minutes. Add the
tomatoes, chicken stock, red wine, and cumin seeds. Bring to a
boil. Reduce heat to low and let simmer for 30 minutes, stirring
occasionally. Add the chicken, tomato paste, paprika, salt, and
black pepper. Let simmer for an additional 20 minutes. Serve in a
bowl with bread or soup.
How do you spend your spare time?

Now that I am retired I have oodles of spare time which is all taken up with a combination of exercise, spending time with family and friends, hobbies and volunteer work.

I have a great love of walking and sedate tramps through the bush. Every Sunday, no matter what the weather, for the past 20 years a girlfriend and I have spent two hours exploring the Waikato. I also attend exercise classes three times a week, these are a great way of keeping fit and the classes are aimed at us young at heart but older in body folks!

My children and seven grandchildren all live in Australia so keeping in touch with them is also important to me – thank goodness for Viber, What’s App and all the other apps that make this so easy.

My favourite hobby is scrapbooking and I love making little mini albums for my friends to celebrate, birthdays and special occasions.

My favourite volunteer role is at the Hamilton Gardens where I work in the information centre. The Gardens are such a beautiful environment to work in and I really enjoy the interaction with people from so many nations (well mainly New Zealanders since Covid!).

And of course I really love catching up with friends and feel blessed to have such an awesome bunch of them.

What is your signature dish?

Cooking is not one of my great loves so any dish I make has to be simple and quick. One of my favourite winter dishes is Jamie Oliver’s fish pie. I don’t follow it strictly and usually use whatever fish and veggies I have on hand and it still tastes delicious!

https://simply-delicious-food.com/jamie-olivers-fish-pie/

What accomplishment are you most proud of?

Well my family would have to sit at the top. But another one was when I managed to overcome my fear of heights (well to a certain degree). I have a very adventurous girlfriend who talked me into ‘feeling the fear and doing it anyway’ and took me zip lining in the Mamakus. There were a couple of times I almost backed out but once I was hooked up and told to jump there was no turning back! It was an amazing experience and I’ve even taken some of my grandchildren along on the trip. If you’ve never done it I can thoroughly recommend it. Flying through the tree tops in the middle of our native bush is just the most awesome experience!