



Altrusa **International** of Cambridge  
Leading to a better Community  
**BRANCHING OUT**

**Altrusa is an International non-profit organisation making our local communities better through leadership, partnership and service. We are civic minded people who strive to create better communities world wide**

**May 2020**

## **Jenny's Report**

Hello Everyone

I hope that you have all survived Level 4 and Level 3 and are ready for our move this week to Level 2. We are so lucky that the weather has been good for most of the time, imagine if we had seven weeks of miserable wet cold weather and we had to stay inside. We have walked or biked most days and seen so many people out and about.

Maureen and I have had two Zoom meetings over the last week with other Presidents and President-elects, the first one was more trial and error but the second one was much better. On Saturday afternoon we had what would have been our Awards evening at the Conference. We were very pleased to hear that we gained 2<sup>nd</sup> in the Helen Bartlett Year Book Award and 3<sup>rd</sup> = in the Net Membership Gain Award. It would have been nice to be there to collect our Awards. The Dr Nina Fay Calhoun Award which we have had for 2 years was won by Queenstown. Maureen and I have discussed the Awards and next year we hope to enter the Mamie L Bass Service Award and the Letha H Brown Literacy Award. The Conference next year is in Timaru from Friday 30<sup>th</sup> April until Sunday 2<sup>nd</sup> May and in 2022 the Conference will be in Palmerston North.

The Salvation Army were very happy to receive our donation of \$500.00 last week. There is a huge need in the community for food and essentials at the present time and I don't think there will be any less of a demand for a long time yet. Please if you are able to, we encourage you to put aside toiletries including toothbrushes, toothpaste, deodorants, shampoo and conditioners ready to bring to our first meeting after lockdown. If you look on their Facebook page there is a list of things they need.

I always have to have a book to read and of course the Library closed before I had time to get some extra books. I had to download the Library App and read books online, it was okay but when they open I will back to getting books.

I should have been writing this report from somewhere near Darwin. Like so many our trip has been put on hold until I'm not sure when. At least now we have something to look forward to.

I am not sure when we will resume our Dinner meetings or when we will be able to have our Changeover evening.

Please stay safe and take care until we can get together again, Jenny

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**of each com-  
mittee please**

**send a report  
through to the**

**Editor each**

**month to be pub-  
lished in the  
Newsletter.**

## May/June birthdays

Happy birthday from us all :

3rd May Theresa Lambert

7th May Teresa Gillies

11th June Hilary Smiley



Marie

We all hope your elbow has mended and your pain has disappeared

Hope you are able to enjoy this lovely weather we are having



## Trash & Treasure

May be some time before we can raise funds through this fun morning.

Social distancing would be a huge issue. Any thoughts ladies on this subject



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**These are some of Jenny's lovely work she made while in lock down. This beautiful work will be sold at the Christmas Festival. Thank you jenny for sharing these with us**

## DEAR NEIGHBOUR:

Hi, Max. This is Richard, next door. I've been riddled with guilt for a few months and have been trying to get up the courage to tell you face-to-face. When you're not around, I've been sharing your wife, day and night, probably much more than you. I haven't been getting it at home recently. I know that's no excuse. The temptation was just too great. I can't live with the guilt & hope you'll accept my sincere apology and forgive me.

Please suggest a fee for usage and I'll pay you.

Regards

Richard

Max, feeling enraged and betrayed, grabbed his gun, went next door, and shot Richard dead. He returned home, shot his wife, poured himself a stiff drink and sat down on the sofa. Max then looked at his phone and discovered a second text message from Richard.

## SECOND TEXT MESSAGE:

Hi, Max. Richard here again. Sorry about the typo on my last text. I assume you figured it out and noticed that the darned Spell-Checker had changed "wi-fi" to "wife." Technology, huh? It'll be the death of us all.

## Volunteers

Valuable is the work we do  
Outstanding is how we always come through  
Loyal, Sincere and full of good cheer  
Untiring in our efforts throughout the year  
Notable are the contributions we make  
Trustworthy in every project we take  
Eager to reach our every goal  
Effective in the way we fulfil our role  
Ready with a smile like shining stars  
Special and wonderful – that's what we are



Author Unknown (With changes made by me)

Chelsea Winter's Lock down loaf

3 cups of Flour

3tsp Baking Powder

2 tsp sugar

1tsp salt

375 mls beer (just add some water if the bottle of beer is not enough)

Method:

Grease and line a medium size loaf tin

Mix all ingredients together and scrape into the loaf tin

Top with any of the following, grated cheese, chopped onion or mixed herbs then drizzle with olive oil.

Bake at 180 degrees for 40 minutes.

Delicious, hot or warm and can also be toasted.



## Astra is Amazing

International ASTRA Newsletter: Created by International ASTRA Committee

**ASTRA: Ability-Service-Training-Responsibility-Achievement**

We build future leaders and service-minded citizens



**The Moberly, MO ASTRA Club members have been doing amazing things for 51 years!!!**

In the early 1960's Altrusa International started girls clubs to involve girls in service, then started sponsoring ASTRA Clubs. We currently **have 96 ASTRA Clubs around the world!**

In **March 1969, Altrusa International of Moberly, Missouri (District Eight)** sponsored an ASTRA Club that, at that time, was for girls in the local Moberly High School. **Celestine Owens Hutchison** was the ASTRA Chair for their first ASTRA club and she wanted to create service opportunities for girls to give back to their schools and community. In this small town, the club members held their meetings in people's homes--and still do to this day.

In the 1980's **Altrusan Karen Berding** took over and chaired their ASTRA Committee for 26 years (!!!) from about 1984 to 2011. Karen focused on growing a strong program that girls would want to be a part of. Over the years, Karen became a special friend and mentor to most of the ASTRA girls. They learned about their community and were extremely active performing service that would help its residents. They also learned to run meetings and plan projects.

The original ASTRA Club started with about 60 girls and increased in the 1980's to 72 girls. A favorite project of **Paula Hayslip** and **Jeanne Byland, both Charter Members**, was conducting an Easter egg hunt and party for special needs children. Parisa Stoddard remembers the Traveling Bake Sale that would make about \$1200 and the career professionals who would speak during meetings about careers, health, and personal safety. Other projects included delivering fruit plates to the elderly, hosting a turkey dinner for teachers, carving pumpkins that they delivered to nursing homes, and helping Altrusans with their Christmas in the Park event.

In **2017**, the Moberly Altrusa club also chartered the **Moberly Area Community College ASTRA Club**, overseen by Sondra Stuart.

The **Moberly, MO Altrusa club has five Altrusans who are ASTRA Alumni: Paula Hayslip (a charter member), Becky Kendrick, Jessica Lawrence, Kay Snodgrass, and Parisa Stoddard.** Heather Cleavinger and Parisa currently help with the high school ASTRA Club, carrying on their longstanding ASTRA tradition

## **ASTRA End of Year Report 2020**

We continue to only have two ASTRA clubs in District Fifteen. Both clubs are full of enthusiastic young ladies. Below are reports from ASTRA Auckland Girls Grammar School and ASTRA Waitaki Girls High School. ASTRA International have been very busy with updating and sending out material to do with ASTRA and there is now a lot of information on the international website. We only had one entry for the ASTRA Service Award which was from ASTRA Waitaki Girls' High School, 'Emergency Care Packages' a wonderful idea and if you have every had the misfortune to end up in an Emergency Department or hospital with nothing then receiving one of these Care Packages would be very welcoming. Congratulations to ASTRA Waiktaki Girls' High for a wonderful idea and a great service project.

### **Auckland Girls' Grammar School ASTRA Club Alison Burr, from Altrusa Club of Hamilton**

I met with the Club in July last year to find a very enthusiastic group of young ladies who were very keen to continue with the ASTRA model and I made a commitment to support them with this. Earlier this year The Altrusa Club of Hamilton undertook the responsibility of this Club. In July the Club ran a Ronald MacDonald Cook at Starship Hospital, an activity that they have been involved with several times before. Members who were not actual cooking, entertained the young children. Next week I will be meeting with them and helping them set their goals for this year. They have indicated that they would like to undertake a small literacy project, perhaps with the new entrance class at a nearby Primary School. Alison Burr Altrusa Club of Hamilton

### **Waitaki Girls' High School May 2019-2020**

We have had approximately 15 girls dedicate their time to ASTRA this year to help out in our community. In February we always begin the year by collecting outside New World for the Heart Foundation. The next activity in March is the annual baking for the elderly making biscuits and delivering small packs of homemade biscuits to the residents of local Senior Citizen flats. We decided during Term 2 & 3 continuing our project from last year by creating more emergency personal hospital bags for A&E patients at Oamaru Hospital and for those who may not have time to collect the items they need before going into hospital, or if they are transferring unexpectedly to our main hospital in Dunedin. We used fabric donated from the Altrusa fabric bazaar and with the help from our Altrusa supporters we had a try at sewing the bags ourselves but really we have to thank Nancy who made several of our bags. We added personal toiletry items and added toys, a book and activities for children and note paper and a pen for adults. At the Altrusa Christmas Extravaganza we were able to run a raffle and we raised \$237 to help pay for some objects in our bags but we also appreciated donations from local organisations. We made a donation of \$400 to our local St John as some of our members are involved in the St John Youth Program. A donation of \$100 was made to our Learning Support Centre to purchase sensory items for students. We would like to thank our Altrusa mentors Jenny and Nancy who helped us with all of our projects from the baking to sewing bags and attend meetings with us. We also like to say thank you to Mrs Ballantyne our other Altrusa mentor who teaches at Waitaki as well. We cannot wait for next year to continue our work.

### **Gemma Fitzgerald ASTRA Waitaki Girls' High School Chairperson 2019-2020**

### **Robyn Moore ASTRA Chair District Fifteen**

**The following questions were set in last year's GED exam.**

**THESE are genuine answers (from 16 year olds)**

Q. Name the four seasons

A.. Salt, pepper, mustard and vinegar.

Q. How is dew formed.

A.. The sun shines down on the leaves and makes them perspire.

Q. What guarantees may a mortgage company insist on

A.. If you are buying a house they will insist that you are well endowed.

Q. In a democratic society, how important are elections

A.. Very important. Sex can only happen when a male gets an election.

Q. What are steroids

A. Things for keeping carpets still on the stairs.

Q. What happens to your body as you age

A.. When you get old, so do your bowels and you get intercontinental.

Q. What happens to a boy when he reaches puberty

A.. He says goodbye to his boyhood and looks forward to his adultery.

Q. Name a major disease associated with cigarettes.

A.. Premature death.

Q. What is artificial insemination

A.. When the farmer does it to the bull instead of the cow.

Q. How can you delay milk turning sour

A.. Keep it in the cow.

Q. How are the main 20 parts of the body categorised (e.g. The abdomen)

A.. The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A,E,I,O,U.

Q. What is the fibula?

A.. A small lie.

Q. What does 'varicose' mean?

A.. Nearby.

Q. What is the most common form of birth control

A.. Most people prevent contraception by wearing a condominium.

Q. Give the meaning of the term 'Caesarean section'

A.. The caesarean section is a district in Rome.

Q. What is a seizure?

A.. A Roman Emperor.

(Julius Seizure, I came, I saw, I had a fit)

## Editors Report:

Well it is so lovely to be out and about again. I had a lunch date last week and applied makeup for the first time in two months, thought it may have dried up but no all was good and it was nice to get dressed up as well.

My first attempt at using my debit card, well that declined, had forgot to press the cash button first and then my pin, just inserted my pin.

We have a wet day today, how very inconvenient. I was loving the beautiful weather we have been having, you can tell I am not a farmer and I don't live in Auckland.

We have a farmer about 2 kilometers from Cambridge Oaks and he has a horse called Harvey and two pigs Fred and Daisy. Daisy had 10 piglets Friday night, 10 pink piglets, their fence line Saturday morning was very busy. It is a lovely walk there and back, we take our vegie and fruit scraps and the pigs and horse just love them.



We have gone from front pack to pushchair for our elderly furry lady and I am really enjoying it. Gives me some place to put my jackets when I wear too many and can walk at a nice pace . This is my lovely grand daughter Georgia with Bella in the pushchair and Krash along side

Hopefully you are all enjoying being with family again and getting out more

Patty