



## Feeding the Future with WELLfed

WELLfed teach people to plan, shop, safely prepare, and cook, low-cost healthy meals. Through our “Feeding the Future with WELLfed” project, Altrusa Ohariu will purchase illustrated cookbooks to be awarded to 150 graduates of WELLfed community cooking classes for their ongoing use and provide hands-on support to maintain the WELLfed community gardens that supply fresh ingredients.

At the end of September six Altrusans helped at the Edible Earth Hampshire Street gardens that provide fresh ingredients for WELLfed. We worked with Jessica to plant sunflowers, clover, and other seeds that will improve carbon in the soil for future planting. Thanks Natalie C, Janine, Jenny, Katrina, Emily and Debbie for helping out.

While visiting Edible Earth Hampshire Street, we took the opportunity to present our first batch of 75 copies of the Edmonds cookbook to WELLfed.

These illustrated cookbooks will be presented to graduates of WELLfed cooking classes. Thanks Nat C for organising this purchase with funds from our Altrusa International Foundation, Inc. grant.

We are looking forward to continuing this project with further support of WELLfed and Edible Earth Hampshire Street gardens over the coming months.





## “The Secret Garden” Movie Fundraiser

At the end of September, we were eagerly awaiting a return to Level One that would enable our Movie Fundraiser to go ahead. We were lucky to be able to confirm the event and sell out the largest cinema at the Petone Lighthouse!

In the week before the event, Emily, Trudi, Vicki & Janine made up goody bags and raffle baskets.

The evening was well attended, and we had lots of happy people winning spot prizes and raffles. Thank you to all the local businesses and those in the community who donated goods to support our fundraising.

We collected over \$1000 from our Secret Garden Movie Night including \$400 from our raffles. Proceeds will benefit our projects with WELLfed, House of Grace, and other local community organisations. Thanks all who purchased a raffle ticket or came along to support us.



**Tickets**  
**\$20**  
per person

**Raffles  
& spot  
prizes on  
the night**

FROM THE PRODUCER OF  
**HARRY POTTER & PADDINGTON**

COLIN FIRTH JULIE WALTERS AND INTRODUCING DIXIE EGERICKX

**THE  
SECRET  
GARDEN**



Movie Fundraiser





### Little Sprouts Card Making

The hands-on service activity at our September meeting was creating handmade cards for Little Sprouts hampers. Karen had an impressive vision and range of paints, stamps, stickers and card to create these beautiful cards.

Even our visitor, District Fifteen Governor Elect Danae McConnel, got involved in cutting paper! We ran out of time to complete the cards, so Karen arranged a short working bee in the weekend after our meeting to finish these off.

### President's Message

"Spring is the time of plans and projects."  
Leo Tolstoy

I love this time of year! The smell of flowers and freshly cut grass linger in the air. It has an energy about it that makes you feel like it's a time for new beginning and the start of something new. I feel Leo's quote sums up as a club what we have accomplished within our community as we put our plans and projects into action during September and October.

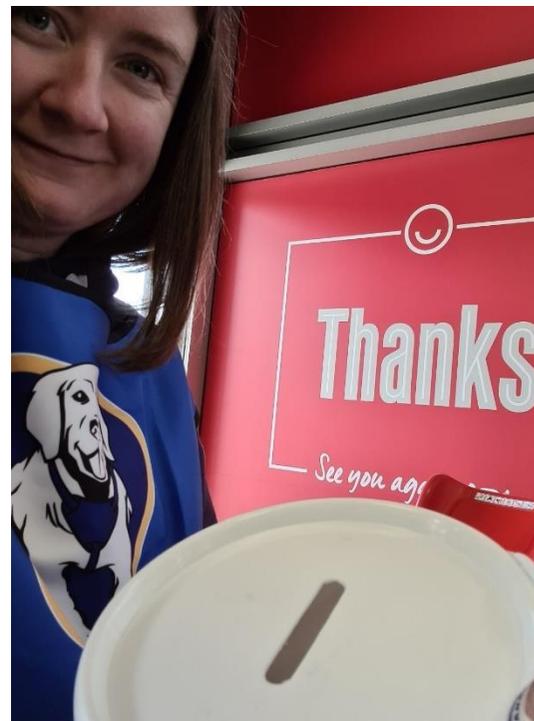
Janine Langdon-Lee  
Altrusa International of Ohariu  
Club President

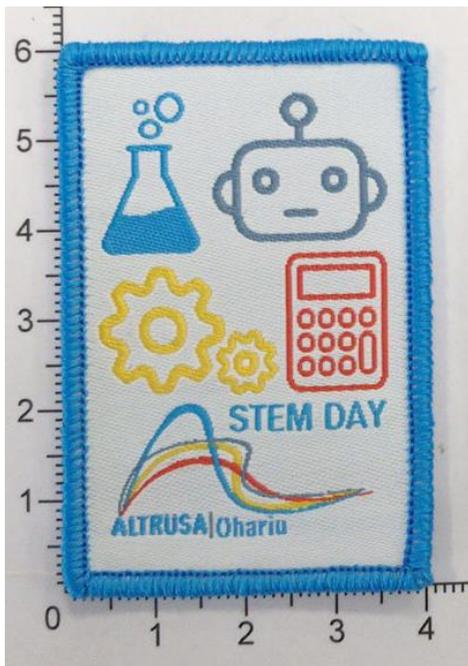


### Assistance Dogs NZ

Early October was the annual appeal for Assistance Dogs New Zealand. Katrina collected at Churton Park New World where over \$500 was raised from donations through the day.

Assistance Dogs New Zealand Trust (ADNZT) is a registered charitable trust, providing trained dogs to clients with any disability. 90% of their clients are children under 12 years old with autism, and often multiple disorders. Altrusa has been involved with Assistance Dogs NZ at a national level for a few years.





## Altrusa STEM Days

Altrusa Ohariu are sponsoring two Regional Events for Brownies and Guides in the Wellington Region. Our Altrusa STEM Days include a variety of science, technology, engineering, and math activities:

- simple chemistry by making bouncy balls, elephant toothpaste, chromatography flowers, magic milk, and slime,
  - programming robots, building Lego, and creating candy cane decorations using code,
- constructing catapults to compete from the launch pad or gigantic marble runs for our ultimate marble races,
  - racing to unlock the combination locks in our Treasure Chest puzzle.

These events have proven extremely popular with families involved in Girl Guiding. We have 150 girls signed up to each event and a long waiting list for places to become available.

Several Altrusans are volunteering to help on either the 14<sup>th</sup> or 15<sup>th</sup> of November across the activities. The events will be held at Tawa Intermediate School and all the girls who attend will receive a special badge, with the Altrusa colours and brand.

## Altrusa Ohariu sponsors WITCON20

Altrusa Ohariu are excited to be a Silver Sponsor of the Victoria University of Wellington Women in Tech conference. Spot our name in the logo!

WITCon is a conference designed to bring students and industry together to discuss technical and social topics surrounding STEM (Science, Technology, Engineering, and Mathematics). The event has been delayed due to COVID, but will go ahead in mid-November as both a face-to-face conference and virtual event.

In addition to sponsoring, we are sending four local high school students to the event. Two senior girls who study the digital technology curriculum at Tawa College and Onslow College. WITCon is an opportunity for these students to get a taste of University and industry by networking at the event and listening to the presentations.

This project, and our Altrusa STEM Days above, are two of many initiatives with a tech focus that we are undertaking to use a grant received from WeTest last year. We're excited to support more women to pursue careers in Tech.





### Spring into Tawa

We had a stall at Spring into Tawa again this year on a rainy Saturday.

We distributed the remaining second-hand books from our Arohata Prison collection into the local community along with Altrusa bookmarks. We also ran two raffles, a kid's basket and an adult's basket, which raised around \$100 for the club.

A big thank you to Janine for organising, Karen for the gazebo, and all those who were able to help on the stall through the day – Janine, Natalie A, Vicki, Trudi, Kiran, Merridy and Emily.

We hope to see some of our stall visitors again at an upcoming meeting!

### District Fifteen Conference

The next national conference for Altrusa clubs from across New Zealand will be held in Timaru from April 30<sup>th</sup> to May 2<sup>nd</sup>, 2021.

The theme is “Creating waves in our Community” with a Friday night dress-up Beach Party!

To find out more about the programme, travel, and accommodation options take a look at [the conference information pack](#) that was sent to all District Fifteen Altrusans.



### Next Meeting

Our next business meeting is Thursday 12<sup>th</sup> of November

We meet at the Johnsonville Bowling Club from 7.30pm – 9pm.

Visitors are always welcome! Get in touch if you would like to visit us.