

In Touch Invercargill

Hello everyone,

Trust you are all enjoying your Spring gardens. I always think of Spring as a time of renewal and freshness.

Thank you to everyone for your contributions of food and time to the Pink Ribbon morning tea. It seemed that everyone enjoyed it and joined in. There was a great buzz around the room. Alice took some great photos.



Kay and I attended the mega IFF day in Oamaru at the end of September. About 35 Altrusans gathered from between Christchurch and Invercargill. I will write a separate report. It was good to see some familiar faces and we enjoyed each other's company over a variety of activities.

It would seem that the District Board are looking for the clubs to be involved in national initiatives so that Altrusa can gain wider publicity. More of this at the meeting.

As I write this the hail is hitting the window and the lovely blossom is drifting down the drive to be seen no more until next Spring. Hopefully this is the last winter blast for a while.

Well, take care of yourselves and I look forward to seeing you on October 20th for the meeting.

Yours in Altrusa,

Nellie.



September Accent

"God grant me the serenity to accept the things I cannot change, courage to change the things I can and the wisdom to know the difference." (Reinhold Niebuhr)



Altrusa International
website *NEW* login.
User name: altrusan
Password: MamieBass1955

District Fifteen website login.
[https:// districtfifteen.org.nz](https://districtfifteen.org.nz)

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Committee reports

Service Committee Report

Service Committee have not meet since planning and executing our very successful Pink Ribbon Morning Tea last month. Sadly our original speaker Heather Perriam was unwell, however Christine McLeod proved a very good alternative telling of her experience with Breast Cancer, which was picked through a Mammogram.

Our next meeting will be Wednesday 19th Oct—7pm at Nellies

Jenny Craig Service Chair



Pink Ribbon Morning Tea —a very successful event

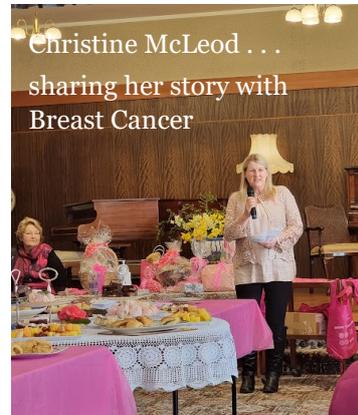


Nellie welcoming our guests



What a spread—no need lunch today!

Our attentive audience . . .



Christine McLeod . . .
sharing her story with
Breast Cancer

Membership Committee Report

Our September guest speaker was Kathy Robertson from Womens' Refuge. Kathy proved very informative and was delighted to receive all the children's books we donated to the Refuge.

The Membership Committee is planning for the Club to visit Vickery Court in November to entertain the residents with Christmas Carols. Further details to come.

Elizabeth Robertson - Membership Chair



DIARY DATES AHEAD

October	16	World Food Day
October	17	Altrusa BOARD
October	19	Service Comm mtg
October	20	Altrusa Business Mtg <i>HOSTS: Service Comm</i>
October	22	Make a Difference Day

MEAL & MEETING APOLOGIES: to Lorraine
by **5pm at latest on Wednesday prior to meeting**
P: 214 5463 M: 021 0445 773



Mega IFF day report. (Nellie)

Kay and I met at Weston Hall just out of Oamaru with about 35 Altrusans from Christchurch, Ashburton, Timaru, Oamaru, Taieri Queenstown and us. District Board members Ming Chung Wu (Gov) Maryvne Ashley (Gov Elect), Leanne Milligan (Dist Treasurer) all travelled from the North Island and then we had Claire Patterson (vice Gov) and Margaret Melhop (Director) in attendance.

It's always good to meet up familiar faces from around the country.

We did the usual introductions and then the Guest Speaker was Leanne Mattsinger. Her takeaway messages for us: always put your lippy on, don't be afraid to ask for help, keep smiling no matter how you feel, be kind, not every day is good, not everyone will like you, don't feel sorry for yourself, money is not everything, and **LIFE IS WHAT YOU MAKE IT.**

We then had a District Board forum with Ming Chun, Maryvne, and Claire

The day then finished and we enjoyed a lovely dinner in our decorated hats at the Star and Garter restaurant.



Sunday began with making sock puppets for 2.5 hours.

Lots of chatter and creativity once we knew what we were aiming for.



This was followed by 2 club forums on fundraising and service. Altrusa is very much alive and doing around the South Island and each club put up a great display of what they are doing at the IFF day.

The day finished at 12 noon with evaluations and I was on the road home shortly afterward.

Editor's Message

All contributions you would like to share in our newsletters are most welcome — please email me any items

Regards Lorraine