

# NEWSLETTER

“THE WOOLLY WAFFLER “: January 2023



**Editors note; I love Gwenda’s idea for our first meeting of the year. Be sure to read the details in her President’s message**

## TE KUITI ALTRUSA CLUB CONTACT DETAILS

**PRESIDENT:** Gwenda Bryant Phone 0273 107 388

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**SERVICE :** Judy Carter Phone 027 280 3944

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**MEMBERSHIP :** Dianne Hickman Ph 021 176 5797

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**SECRETARY :** Minutes– Lisa Watkins Ph 027 414 0828  
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**TREASURER :** Gaylene Cumpstone Ph 021 873 156  
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**SUNSHINE LADY:** Raewyn Flexman 021 040 1321



The Altrusa club of Te Kuiti collects food items every month to distribute to our local foodbanks. Members bring food items along to each monthly meeting.

Please remember grocery items for The Food Bank

## PRESIDENT'S MESSAGE



Happy New Year everyone. I hope you have all managed to have a break and feel refreshed.

This has been our first summer for a few years without formal covid restrictions, but still there were many families including our own that had someone test positive and miss the family Christmas celebration.

I have just returned from an extended weekend away. I took Mum to a family wedding in Dargaville. We had interesting stops along the way and of course the Kaipara roadside stalls meant we came home with bags of kumaras to share. The drive north is improving with many stretches of new roading. Apparently 24000 vehicles use the new Puhoi section daily...many times more than that during holidays.

This past 6 weeks seems to have been a waist expanding exercise with many functions and family gatherings all offering copious amounts of food. It is so nice to try the delicious barbecued selections that people are doing now, and the creative salad and vegetable options. I found a 'How to boil Vegetables (NZ 1902)' that may interest you. Here is a short excerpt.....'Be sure that the water is boiling before putting in to it the vegetables to be cooked. If it is cold or lukewarm, the freshness and flavour will soak out into the water. Place saucepan over the hottest part of your stove, so that it will boil as quickly as possible.....Carrots when young and tender, should be boiled three-quarters of an hour. When old, they require another quarter. The same rule holds good for onions..... Cabbage and cauliflower requires from twenty minutes to an hour, according to age and size..... With vegetables, as well as all other food, no amount of dexterous cooking will transform those that are ill grown, old or stale into good succulent, nourishing dishes. On the other hand, the finest and freshest vegetables can easily be spoiled by bad or careless cooking.'

Our first meeting this year will be TUES 7th FEB - 5.30pm - pot luck finger food picnic at BROOK PARK - band rotunda area to right of bottom carpark. I'll provide a table for the food, plates and picnic rugs, but please bring a chair or cushion if you wish, and your own glass and drinks.

Any ideas for projects for 2023 will be welcome, Heart Foundation Appeal late Feb, and there is the conference in Rotorua if anyone wishes to attend. There will be social opportunities with more walks to look forward to and coffee mornings. The Piopio College Junior Prizegiving was enjoyable and it was good to hear Altrusa acknowledged for their Yr 9 Literacy award.

## Save the Date!

### *Distraction Packs for Tamariki (24 March - 2 April 2023)*

We are pleased to share that Altrusa International Foundation has awarded District Fifteen funding, to assist with the national project “**Distraction Packs for Tamariki**” next year.

We would like every club in NZ to participate in this worthwhile national project to help raise awareness of the awesome work that members of Altrusa carry out in their communities.

#### **What**

These **Distraction Packs for Tamariki** contain a small book, colouring book, coloured pencils, sheet of stickers and a small toy (eg. sock puppet, finger puppet, small soft toy) and/or game (pack of playing cards or hand held little game) to be given to agencies (e.g. Police, A&E at Hospital, Ambulance, Fire Brigade etc.) for children where those around them are in strife or they are awaiting medical procedures.

#### **Why**

This is a District Initiative to promote Altrusa nationwide and give Clubs an opportunity to bring helpers from the community to assist.

#### **When**

To maximise awareness of what we are doing as a collective, we would like to make and assemble the packs sometime during March 24 - April 2.



#### **How**

- Who will you give the packs to (can you involve them in the assembly)?
- Are there communities nearby who don't have an Altrusa Club but would benefit?
- Can you involve other service clubs or get members of the community involved?
- How can you use this project to attract new members?
- Can you get media/newspaper coverage? How will you promote this project?

# Photo Gallery



Marg Johnstone sent this photo of a cruise ship entering the harbour at Mt Maunganui. (Enlarge this photo to get an idea of its size.)



Fun in the sand for Lisa's son Phillip with Saskia and Willa while on holiday up north



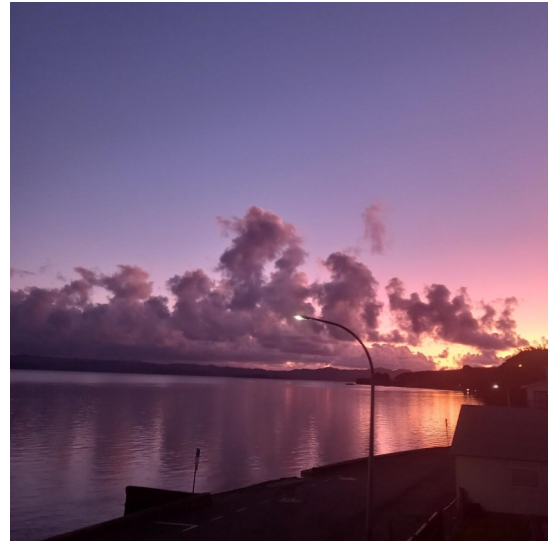
Lisa's granddaughters Ella and Chloe fishing at Christmas time



Mary Scobie packing up the caravan in Whanganui in December after 24 hours of non-stop rain. What a difference the sunshine makes for people on holiday .



Trish and Murray's son Russell and his wife Kerri and their kiddies Amelia and Harrison. They live in Copenhagen and were home in NZ for Christmas. A special time.



Gaylene Cumpstone took this photo of a glorious sunset at Kawhia

## **FUTURE EVENTS**

**February 7-** Next meeting - 5.30pm - pot luck finger food picnic at BROOK PARK  
Apologies [mikejackie88@gmail.com](mailto:mikejackie88@gmail.com)

**February 24, 25-** Big Heart street appeal

**March 24-April 2—**Distraction pack project, a nation wide Altrusa awareness activity

