



Hello Everyone,

Today I am enjoying the quiet peace of no wind, and the sun streaming in the window. It has been such a long time since that's been the case.

It's been a well-deserved quiet month.

Jenny

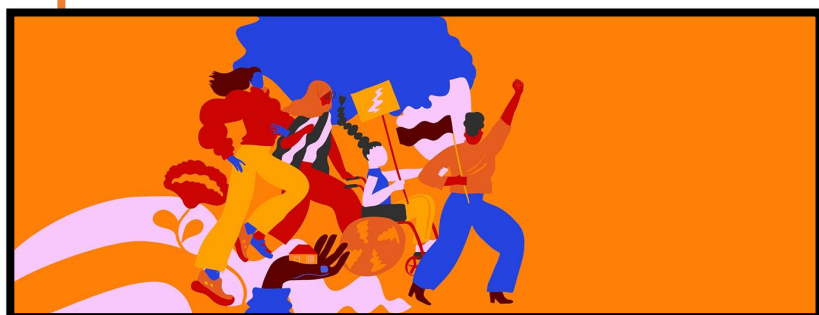
This coming Business Meeting is at Braemar - a 6pm start, \$15.

MEAL & MEETING APOLOGIES:

to JENNY by NOON at latest on the Tuesday prior via email: president.invercargill@altrusa.org.nz

Text: [REDACTED]

- Oct 30th Board @ Ceciley's 7pm
- Nov 1st Business Meeting, SERVICE. 6pm @ Braemar
- Nov 15th Bingo @ Peacehaven time TBC
- Nov 25th International Day for Elimination of Violence Against Women



On the International Day for the Elimination of Violence Against Women, the colour orange is used to represent a brighter future, free from violence against women and girls.

November 2023
In Touch

Invercargill

District Fifteen Website
<https://districtfifteen.org.nz>

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Editor's Comment



NATIONAL DAY OF REMEMBRANCE & ACTION ON VIOLENCE AGAINST WOMEN

DECEMBER 6TH



Service Committee

Nellie needs some volunteers to help with the Windsor Craft Stall on Saturday. She needs people to price things one night this week. And volunteers between 9:30 and 1pm on Saturday to set up and sell the products.



Membership Committee

A big thank you to the Members for giving food to Ceciley during her recovery. Ceciley is improving and will be coming to our next meeting. It will be good to have her back with us again. A big thank you to Lynette for organising the Blood Bank while Ceciley was in hospital. Well done Lynette.

Please note:

Email address has been altered from previous newsletter

Name: Lynette [REDACTED]
 Address: [REDACTED]
 Phone Contact: [REDACTED]
 Email: [REDACTED]
 Birthday: [REDACTED] October

ACCENT

From the archives: March 1976
 Given by Liz as she has asked and been granted leave of absence from Altrusa meetings to go on an overseas trip.

*"Hold fast to dreams
 For if dreams die
 Life is a broken-winged bird
 That cannot fly.
 For when dreams go
 Life is a barren field
 Frozen with snow"*

Tongue in cheek she gave us another thought, which was obviously prompted by her last minute preparations for her departure,
"As soon as the rush is over, I'm going to have a nervous breakdown. I worked for it; I owe it to myself; and nobody is going to deprive me of it."



When someone asks me if I'm ok during an anxiety attack

Me: IM FINE WHY YOU ASK

