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### Next meetings:

Business: Monday 8<sup>th</sup> April  
Te A Club

Apologies by text to Brenda  
McIvor by 6pm Friday night  
before meeting.

Let Lynley know if you are  
bringing a guest

### Board:

All club members may attend  
end a Board meeting but if you  
aren't a member of the Board  
you may not only have  
speaking rights not voting  
rights.

## President's Message

Hi Everyone,

I was recently visiting Robyn M and was looking through a book she had there, the following piece caught my eye and I thought it was definitely food for thought for us all.

### The 10 commandments of self-love (according to Lisa O'Neill)

1. Be kind to yourself.
2. Ask for help when you need it.
3. Treat your body with respect. Nourish and care for it.
4. Think, do, and say happy things.
5. Do not criticise yourself or anyone else.
6. Avoid negative people, thoughts, and events.
7. Smile at yourself in shop windows and mirrors!
8. Rest whenever you need to.
9. Praise yourself out loud when you have done well.
10. Buy yourself presents.

Lastly one of my mother's gems – *“always be prepared to laugh at yourself”*

Cheers

Lynley

### Editor's note

And one I like – *“never look down on anyone unless you are admiring their shoes!!”*

## Club Reminders

### FOOD BANK



### FEED THE HUNGRY

Please bring along to the business meeting a can/jar/packet of foodstuffs for food bank.

They are always struggling to fill parcels, and the need is increasing weekly.

Sanitary items are also in great demand.

### SALE TABLE

From time to time club members bring in the bounty from their gardens and kitchens. This is available to Club Members for a donation. All funds raised unless otherwise stated are for the Conference and Convention Fund to help fund the cost of delegates, alternates and other club members attending Conference and Convention.

So next time you see some wonderful fruit, veggies, jam or preserves on our donation table please help yourself but leave a donation. Thank you



### Meeting Hostess

April 2024  
Hostesses  
Paula and Alison

Please note if you are unable to perform your duties please arrange your own replacement.

- Note duties include;
- Door – meal & raffle money
- Table set up - place names etc.
- Accent
- Grace
- Benediction
- Raffle
- Speaker thank you gift (check with Beth)

**SAVE  
the  
DATE**

#### April Business Meeting:

8<sup>th</sup> April at Te A Club 5.30

#### Wednesday 17<sup>th</sup> April

Altrusa Cambridge Fashion  
parade \$30 includes glass of  
wine and nibbles. 7pm

Contact 027 338 1245

#### 3<sup>rd</sup> – 5<sup>th</sup> May

District Conference Novotel  
Hamilton

## Member Obligations

Obligations of being an Altrusan:

1. Know and practice Altrusa Objectives.
2. Acquaint yourself with the by-laws; become familiar with the Encyclopaedia; Read the International Altrusan regularly.
3. Serve on committees.
4. Attend meetings regularly.
5. Pay dues and fees promptly.
6. Attend district conferences and international conventions whenever possible.

## Things to remember this month.



### Fashion Parade.

Hosted by Altrusa Int. Cambridge

Wednesday 17<sup>th</sup> April 7.00pm

Lyceum House – 20 Dick Street

Tickets \$30 includes glass of wine and nibbles. Contact 0273381245

Autumn and winter fashions from : Annah Stretton, Gabriels Fashion, Repertoire



**District Conference** . Novotel Hamilton. 3<sup>rd</sup> - 5<sup>th</sup> May Friday night is “Paint the town **red!!**”

### April Business Meeting

Te A Club on Monday 8<sup>th</sup> April from 5.30pm

### Apologies

Text message to Brenda Mclvor by 6pm Friday night.

### Speaker

Kate Mac Donald.

Mum, teacher and marriage celebrant.

### Activities

Socialize, learn and have fun!!

### Altrusa Relentless Service Project

This is the link to the Relentless Service Project from our District Co-Governor Jenette Borrell The list titled “Grow Altrusa Through Service Project Ideas” is extensive with 453 ideas <https://www.dropbox.com/scl/fi/0qjauta9m3etu2o3tm93d/Grow-Altrusa-Through-Service-Project-Ideas.pdf?rlkey=e77wdowyqp6w4aazusryrfner&dl=0>

## Committee Reports



### Service Committee Report

#### Shona and Vicky

60 sanitary bags have been ordered by 4 schools so far. Members made some at the business meeting, and others were taken home to be finished. Perhaps Club members could make some more at home, so that we can reach the target? When all 60 have been finished, they will be delivered to the schools.

Baking continues for Jill Taylor, with some committee members baking at home and delivering them to Jill. We will have another group baking session soon.



The Mamie entry has been completed and sent to the District Service Chair.

Louise has planned and carried out the outing for the carers at Kids in Need. 21 carers in Te Awamutu and Kihikihi were invited and the date was set for Monday 25th March.

#### Louise's report for the Kids in Need Day Out:

We all met in the Bunnings Carpark at 9.15am then headed off in the Boxing Academy Van to the Hamilton Gardens.

We were met at the Gardens by Linda for KINW, Alison Todd and Hubby.

We had a Private Guided Tour which started at 10am through a number of Gardens which was amazing. We had a few rain drops but nothing too major.

We finished at 11.20am then headed to the Hamilton Gardens Cafe for lunch. Lunch was great and service couldn't be faulted.

The whole outing was very much enjoyed by the Caregivers with lots of lovely compliments made to us.

We have a good number of Altrusa Members for the day which meant that we could all separate and mingle with the caregivers.

Some connections were reunited with some caregivers and for myself an old school friend and netball coach.







We had 16 people attend for the day:

KINW - 10

Altrusans - Di, Louise, Vicky, Alison, Brenda

Altrouser - Patrick

Costs incurred were:

Tickets \$337.50

Lunch \$217.20

Koha Petrol voucher to Boxing Academy \$100

(Our Altrusa members paid for their own lunch).

Thanks to everyone for helping with the day.



### Membership Committee Report:

Christine Melville

It was with sadness that we recently heard of the passing of Joan McManus who was a past member of the Te Awamutu Altrusa Club. Brenda had been visiting her and had updated some of us regarding her recent illness.



### Literacy Committee Report

Robyn M and Lyn

Books delivered to Loving Arms, Women's Refuge and Plunket. Lynley has purchased some more books for Books for Babes. Decision to be made as to whether we will continue to support this next year as getting quite

expensive.

### Fund Raising/Garden Ramble Committee Report

Robyn A

Robyn A and Claire have begun the search for Gardens for the 2024 Ramble and would appreciate any leads on potential homes/gardens for the event.



## **Conference Information**

To be held at Novotel Hamilton 3<sup>rd</sup> – 5<sup>th</sup> May

Altrusa District Fifteen 2024 Conference Outline (Note times are subject to change, this provides a guide for travel planning purposes only)

### **Thursday 2nd May** District Board Meeting (Board only)

6pm Iguana - Dinner for those that wish to meet up pre conference

### **Friday 3rd May** 9am President Elect Training

12 Noon Registration Desk Opens

2pm – 4pm Jump Start workshops (for all) 3 workshops held for 30 minutes, 3 rounds

6pm Mix & mingle followed by Paint the Town Red – Party Night

### **Saturday 4th May**

7am Leaders in Service Breakfast - by invitation & including all 2023 to 2024 Presidents, Programme Chairs and Appointed Officers

8.30 Flag and Banner Practice

9.00 Opening Ceremony Key Note Speaker

11.00 District Business Meeting 12.00 Elections

12.15 Scavenger Hunt Lunch event

2pm All of Conference Speaker, Relentless Service, Hands On service projects

4pm Free Time

6pm Governors Banquet

### **Sunday 5th May** 8.00 Memorial Service Breakfast 9.30 Keynote Speaker Closing Business

11am Retire Flags

12.00 Post Conference District Board Meeting (Board

## A very special presentation at our March business meeting.

### Maria Thompson Emeritus membership



Maria was our charter president in 1994.

She was a driving force in the formation of our Club, working alongside Altrusans from Hamilton Club.

Along with Shirley Wilks, she led the Club to gain charter strength on December 4<sup>th</sup> 1994.

After almost 30 years of service we are awarding Maria Emeritus Membership.

What does it take to be awarded Emeritus membership? 10 years or more of membership and leadership roles.

Over the years Maria has contributed countless hours of service. Playmates Boutique was the “drop in centre” for members, and Wallace Terrace was nearly re-named with four Altrusans living on the street!

Maria created a leadership legacy sponsoring two members who became District

Governors, and one who went on to become International President.

Maria would growl if I didn’t acknowledge Robert, an Altrouser extraordinaire!!

Whether it be helping setting up, or lugging decorations for the Rotorua Convention, Robert was always supporting quietly in the background.



So, tonight, Maria, we thank you for being a “Leader In Service”

Leanne





## Obituary

### Joan McManus



Joan McManus joined Altrusa in 2011 and resigned in 2016.

Joan was a registered nurse with a passion for children's causes. She was a staunch advocate for children and young people.

Joan was very determined and showed strong commitment to any responsibilities she undertook. She had strong views which at times were somewhat rigid but at least you knew

where you stood.

Joan was highly intelligent and very well read. If there was a gap in her knowledge she would rectify this immediately.

Joan was fun and enjoyed a good laugh. She coloured her hair pink, purple and green and was a flamboyant dresser. Her spectacles were off the planet.

She did not like to talk about herself as she was far more interested in you. She was a great friend and mentor.

Joan strongly believed in Jesus Christ but did not push her views. Her faith kept her strong when

in the last two years of her life, she suffered ill health. She refused to be consoled. She stated it is always better to console.

Our condolences to Allan and her family.

Joan is sadly missed by a great many people.

Brenda



# Marvynne Ashley's Biennium Goals

The four Pou Marvynne conceived for her vision for the district.



## Governor Biennium Theme & Goals 2023-2025

Theme  
**Refresh & Revitalise**

Goals

<b>Service</b>	<b>Membership</b>	<b>Leadership</b>	<b>Communication</b>
Reach into our communities with service	Grow our membership and retain our members	Promote leadership opportunities and support upcoming leaders	Promote and build our Altrusa brand in our communities



**ALTRUSA** | Leading to a Better Community®  
International **District Fifteen**

# Altrusa Hours

The Board needs to know how many hours you have contributed to Altrusa and to other volunteer work and to make it easier for you just keep a weekly or monthly record as below so next April when the Board needs this information it will be at your fingertips. Remember Altrusans are 'efficient'. Print off template below if you think it will be helpful for you.

	<b>Hours Spent on Club Projects – eg Distraction Packs (hands on activiites)</b>	<b>Hours spent Altrusa eg Business Meetings, District or International work</b>	<b>Hours spent community volunteering (Not Altrusa)</b>
<b>June</b>			
<b>July</b>			
<b>August</b>			
<b>September</b>			
<b>October</b>			
<b>November</b>			
<b>December</b>			
<b>February</b>			
<b>March</b>			
<b>April</b>			
<b>May</b>			
<b>TOTAL</b>			

# ALTRUSA INTERNATIONAL – Interesting Facts and Dates

## Navigating the Web...

- Important websites to know!  
[www.altrusa.org](http://www.altrusa.org) (click Member Login in the upper right)  
[login.altrusa.org](http://login.altrusa.org) (go directly to the members area)  
[www.altrusastore.com](http://www.altrusastore.com) (purchase Altrusa branded items including pins and banners)  
[www.altrusaservice.org](http://www.altrusaservice.org) (browse and share your club's service projects)
- Give us some feedback and share your thoughts on improving Altrusa with the [Suggestion Box](#).
- If you have forgotten your password to the site please send an e-mail to [Altrusa@altrusa.org](mailto:Altrusa@altrusa.org) or call the International Office for assistance.

## Important Dates

May 15	International Day of Families
June 6	World Environment Day
June 23	UN Public Service Day
July 30	International Day of Friendship
August 12	International Youth Day

### District Conference

Held annually in Autumn, our District Conference is an opportunity for fun, educational workshops, networking, sharing, skill building, electing leadership, and celebrating our accomplishments. **The next District Fifteen Conference will be held 3 – 5 May 2024 in Hamilton with the theme 'One People: Celebrating our diversity'**

One People  
Celebrating our diversity

