

# ALTRUSAN

ALTRUSA INTERNATIONAL OF TAIERI

[president.taieri@altrusa.org.nz](mailto:president.taieri@altrusa.org.nz)

**MEETINGS** 2nd and 4th Wednesdays  
5.45pm for a 6pm start

**MEETING PLACE** Nellies Function Room  
Hotel Taieri  
Gordon Road  
Mosgiel

**VISITORS AND APOLOGIES** Please telephone or text  
Jill Dodd – 021 1007 109



## A reminder about 'Apologies'

Jill acknowledges any txt message about an apology with a 'Thumbs up' emoji.



If you haven't received this acknowledgement, your message has not been received.

A reminder that you need to pay for your meal if a timely apology (by mid-day Tuesday prior to the meeting) is not received (refer Year Book p7 No 2)

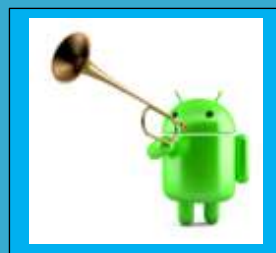
For local or international Altrusan information, news and events:

Altrusa International website  
[www.altrusa.org](http://www.altrusa.org)

Altrusa District Fifteen website  
[www.altrusa.org.nz](http://www.altrusa.org.nz)

Taieri Altrusa Facebook page

<https://www.facebook.com/AltrusaTaieri/>



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Proud to represent Altrusa Club of  
Taieri Inc at the 41st Altrusa  
Conference in Invercargill 2 – 4 May.  
Stars of the show... well, at least at  
the Mix 'n' Mingle event on Friday ☺

## International Biennium Theme

2025

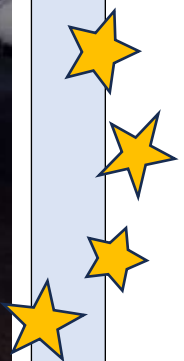
'One People: Celebrating our  
diversity'

International President  
Linda Smith

District Co-Governor  
Margaret Melhop

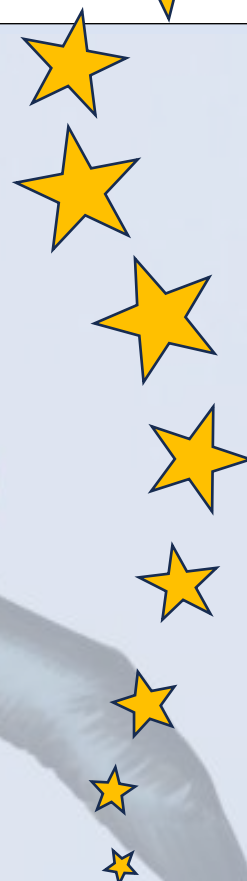
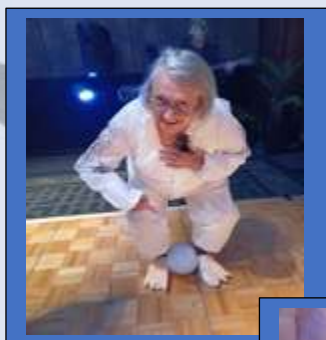
Newsletter Editor:  
Jenny Clarke

Please submit all articles to  
[clarkejennifer995@gmail.com](mailto:clarkejennifer995@gmail.com)





Torua Glennys, Anne, Marg, Glenys, Kath, Clare, Jenny, Claire, Rosemary & Sue. Special thanks to Kath, Marg and Claire for their inspiration, creativity and crafting skills.







Hear ye, Oh  
Hear ye!

For a comprehensive and colourful report about the 41st Altrusa Conference click on the graphic below to read the District Service Bulletin.



Remembering  
&  
Honouring  
others.....



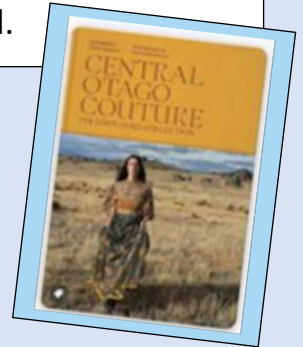
As promised..... after a very well received community project in 2024, Altrusa Taieri Inc again distributed ANZAC biscuits to those attending the local ANZAC parade at the Mosgiel cenotaph on 25<sup>th</sup> April. The day dawned clear and sunny, and as usual a good crowd of people gathered to honour those who have served and died in all wars, and peacekeeping operations, and the contribution and suffering of all those who have served.

Biscuits and cellophane bags were purchased, and our supplies of "*Lest we forget*" stickers was located. Chris W hosted a team of keen 'biscuit packers' on the 10<sup>th</sup> April when individual biscuits were packed into a bag and sealed with a sticker. On ANZAC Day five club members ( & helpers) distributed biscuits at the Mosgiel cenotaph before and after the service. This was another great 'connecting-with-our- community' opportunity for Altrusa Taieri; to have a presence among members of the public on an important local & national commemoration day.



## An evening out....

At a recent programme meeting, members enjoyed the special display of fashion from the collection of Eden Hore. 'High Country Meets High Fashion' was on display at the Toitū Museum in Dunedin. Eden Hore was a Maniototo farmer who had a love of fine fashion which resulted in him acquiring, over time, an amazing collection of 226 items of couture. You can read more about [The Collection](#) here. Alternatively Jane Malthus' recently published book 'Central Otago Couture: The Eden Hore Collection' may appeal.



Margaret..... our own lover of fashion. Remember 'The Clothes They Wore' (2023). With her interest in fashion, Margaret and others gathered and displayed an equally as fascinating collection of fashion for others to appreciate. She also has a special connection with the Maniototo.



## 'Bags of Hope' – a partnership project

**Altrusa Taieri (Inc) & Cancer Society Fundraiser**

**East Taieri Church Hall. 24<sup>th</sup> May 2025**  
 Doors open 1.30 for a 2 p.m. start (2-4 p.m.)  
 (12a Cemetery Road Mongiel) **\$15 LIMITED TICKETS**

- Delicious Refreshments
- Engaging speakers and discussion
- Wonderful raffles
- Community connections

Register for tickets & payment

If you can't make it on the 24th May, and would like to make a donation to Bags of Hope please [CLICK HERE](#) or scan the QR code

Bags of Hope is an initiative of the Southern Cancer Society where school students create bright, positive, colourful artwork including a positive message and affix it to a bag for cancer patients.

Patients use the bag to store their clothes while undergoing cancer treatment.

20-30 bags are needed each week! (1500 per year)

Your support at, and generosity at this fundraiser will go to purchasing the (plain) brown bags used to create these well received gestures of empathy and hope.



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Altrusa Taieri Inc planned and hosted an afternoon tea on 24 May where friends, acquaintances & members of the public enjoyed a delicious afternoon tea, were informed/entertained by speakers and had the opportunity to further support this fundraiser by purchasing raffle tickets that gave them the chance to win many awesome prizes. All the funds will be used to purchase the (plain) brown bags used to create these well received gestures of empathy and hope for cancer patients.





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To host this event, we dusted off our fine china, made delicious food, gathered & donated items to create raffles, and enjoyed an afternoon of friendship, collegiality and story telling. Rieke Lamb from the Wellness Gym began with the 'story' of the Wellness Gym.


An exercise programme, initially for breast cancer survivors, was established at the University of Otago in 2009 by Professor Lynnette Jones after supporting a close friend with cancer. The success of the programme included a close collaboration with the Oncology Department, Dunedin Hospital. The programme linked scientific theory with practice and teaching to provide a safe and effective exercise opportunity to cancer survivors. When the university was no longer willing to host the programme, a huge effort resulted in a new exclusive space and place for cancer survivors to participate in programmes dedicated to supporting their recovery.





At the Wellness Gym a dedicated team of physiotherapists, enable cancer survivors to participate in prescribed, tailored and monitored exercise programmes in a safe and supervised environment. Altrusa Taieri is proud to support the [Wellness Gym](#) with funds to purchase equipment.



Guest Karen told 'her story' of discovering and recovering from cancer. From the moment of discovering her cancer, to the stages of recovery and everything in between, Karen shared how well-loved and supported she felt during this uncertain time. She advocated keeping a positive mindset, as difficult as that can be at times, and she believes that setting personal goals is so important. She acknowledged that friends and family are also very keen to help and she encourages people just to take the initiative and pitch in. When a person is undergoing treatment and putting all their energy into getting well, coming up with ways friends can help is "yet another thing to be thinking about". For some, learning to accept help is also another emotional hurdle to overcome. When the Cancer Support team recommended the Wellness Gym as part of her journey, Karen appreciated the opportunity to benefit from the expertise and care offered to her. Thank you Karen for sharing your story; we are in awe of your positivity and determined attitude. 



'Alone we can do so little; together we can do so much'. Helen Keller



Thank you to everyone for your efforts to sell tickets, bake & make beautiful food, warmly welcome guests & create the ambience for a lovely afternoon of information and fundraising.

Thank you to Craig McGregor (Community Funding Partner/Southern Cancer Society including the 'Bags of Hope' project) for his support of our event & his informative introduction.

Thanks too, to Anne McE for her vision for, and planning of this fund raising event; also to Glenda McG for taking responsibility for preparing & presenting raffles.



## Our 2025 'Unsung Heroes'

*'Volunteers don't get paid; not because they are worthless, rather that they are priceless'. (S. Anderson)*

This reflection is so true of the many volunteers who help make the world go around in our local community, and Altrusa Taieri acknowledges those who work at the Mosgiel Foodbank and at St John Ambulance.



Coffee vouchers and a package of sweet treats for our volunteers in these two organisations is our way of saying you and your work are important and valued.

*Thank you!*

Kath and Michelle at the Mosgiel Foodbank. Each week, the foodbank helps many families / individuals in need of a helping hand to access food and personal care items.



Hato Hone St John are an integral part of the health services available when we are in need of support for a medical event. As well as attending medical events & emergencies, St John provide a range of different services. These include providing first aid training, first aid kits and supplies, medical alarms. AEDs (defibrillators), youth groups and a range of community programmes.

To learn more detail about the range of services and programmes offered by St John, click on the logo



Calling an ambulance incurs a call out fee (\$98 in part charges). For an annual membership fee, which is less than the cost of an ambulance callout fee, your household can be covered for an entire year.



*Thank you St John's - you are stars in our eyes!*

## Signing off with some other gems.....



Rosemary, international visitors Frank & Kitty, Anne & Kate D (Queenstown) on banquet night.

Anne at the top table at conference.



Margaret as flag bearer for Altrusa Taieri.



Margaret, Sue, Glennys & Glenys on their way to the banquet.

## Other celebrations.....



Happy 50th Birthday International Club of Ōamaru. Wishing you many more years of 'Altrusing'. Margaret, Glenda B, Glenda McG, Claire P and Kath enjoyed sharing your special night.



## Upcoming Events

June 11	Changeover Night 🎉
June 13	St John Ambulance Street Appeal
June 25	Programme Meeting
July 9	Board & Business Meeting 🎉
July 12	UN International Day of Hope
July 23	Programme Meeting 🎉
July 30	United Nations International Day of Friendship
August 13	Board & Business Meeting 🎉
August 27	Programme Meeting 🎉



## Birthdays

20 June	Clare B
11 July	Diane
15 July	Wendy
3 August	Chris
28 August	Anne McE
14 September	Glenda McG



## Editorial

