

### In this issue;

President's Message

Board/Committees

Upcoming Birthdays

Recipes

Accent

50<sup>th</sup> Birthday

Seniors High Tea

District Fifteen Conference

Changeover May 2025

ASTRA news

Bazaar August

### LINES FROM LYNETTE

Almost two months of our 2025-2026 year gone already. Scary how quickly this happens, but I guess it does mean we are not bored. The 'B' word I have always thought should be banned from the English language.

Our year began with that wonderful Changeover organised by Jenny and her Membership Committee. It was lovely to welcome guests from the Taieri club.

A busy time ahead for our club with several activities coming up this year. The Bazaar is looming and countless hours are being put into this event by everyone, when their busy schedules allow. The boxes of folded material are mounting up at Lynne's, with still more appearing at intervals. Countless hours are being given to the other departments being sorted, priced and packaged in members homes. A huge thank you to all.

After the Committee's get together at our last Programme meeting there will be Projects on the horizon for us all to be involved with.

In September we will welcome President-elect Denys Astin to our meeting. Jeanette has kindly offered to host Denys for the two nights she is with us.

Our Club is responsible for the Information, Fun and Friendship (IFF) Day this year.

**Save the date: 15th November 9am - 4pm.**

To those of you who have been having a stressful time, our thoughts have been with you always.

Please do reach out if we can assist in any way. We are all here for you.

I would like to reiterate what has been said before. Never feel bad if you cannot always be at an Altrusa activity. We are all busy women, even we retired ones, and we all understand.

I will finish with yet another quote from your 'YES TO LIFE' present to me.

**Never measure the height of a mountain,  
until you have reached the top.  
Then you will see how low it was.**

Best of luck for the Bazaar, take care and we will catch up on my return from Fiji. 🌴 🌴

**EMPOWERING COMMUNITIES.  
TOGETHER WE SERVE TOGETHER WE SHINE**

Altrusa International of Oamaru, Inc

President: Lyndette Budge  
[president.oamaru@altrusa.org.nz](mailto:president.oamaru@altrusa.org.nz)

Meetings: The Star & Garter  
(upstairs)  
2nd & 4th Mondays at 5:45pm

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

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

## **THE BOARD:**

**President:** Lynette Budge

**President Elect:** Jeanette Halcrow

**Vice President:** Liz Ballantyne

**Corresponding Secretary:** Angela Blackie

**Minute Secretary:** Claire Jelgersma

**Treasurer:** Voreen Julius

**DIRECTORS:** Lyn Cartwright  
Shona McMillan

## **COMMITTEE CHAIRS**

**Liaison:** Maria Mackay

**Service:** Marie McLay

**Communication:** Sue Preston

**Literacy:** Margaret Ward

**Vocational:** Jeanette Halcrow

**Membership:** Jenny Cleland

**ASTRA:** Liz Ballantyne



Birthday Girls; August/September/October

Maria MacKay- 9 August

Bev Manson- 18 August

Nancy Allan- 19 August

Linda Harrex- 23 August

Liz Ballantyne- 10 September

Shona McMillan- 22 September

Helen Newlands-25 September

Voreen Julius- 29 September

Robyn Moynihan-5 October

Norma Dovey- 14 October

Jenny Cleland- 16 October

## **SENIOR CITIZEN TEXTING CODE**

**TTYL - Talk To You Louder**

**FWIW - Forgot Where I Was**

**BYOT - Bring Your Own Teeth**

**ATD - At The Doctors**

**BFF - Best Friend Fell**

**OMSG - Oh My! Sorry, Gas**

**TOT - Texting On Toilet**

**BTW - Bring The Wheelchair**

## **WINTER RECIPES**



### **MULLED WINE- Annabel Langbein**

#### **Ingredients**

10 whole cloves  
2 whole star anise  
2 whole cinnamon quill  
2 whole bay leaves  
1 orange, thinly sliced  
2 cups apple juice  
1/2 cup caster sugar  
1 tsp vanilla extract  
2 bottles red wine  
1/2 cup orange liqueur, (optional)

#### **Method**

Bring all ingredients except wine and liqueur to a simmer in a large pot, stirring until sugar has dissolved (about 15 minutes).

Add wine and liqueur, if using, reduce heat to low and allow to warm through without boiling (5-10 minutes).

Strain off fruit, spices and bay leaves if desired, or leave them in the mix. Serve hot.

#### **ALCOHOL-FREE MULLED WINE**

To make a delicious warming drink for children and non-drinkers, use grape juice instead of wine and leave out the orange liqueur.

### **LENTIL SOUP (from Wally)**

1 cup Red Lentils  
1 small onion  
Olive Oil  
1 dessert spoon curry powder-to taste  
1/2-1 tsp cumin- to taste  
1 tin (400gms) tomatoes (any eg plain, savoury,etc)  
3 tsp (heaped) stock powder (chicken or Wally uses Dutch tuinkruiden stock)  
3 cups boiling water  
Salt & pepper to taste

Place lentils in a bowl, cover well with boiling water and cover with lid. Soak for 15-30 minutes. Finely dice the onion, then fry in a saucepan with a little olive oil and the curry and cumin powders. Add the tomatoes. (I do this in my soup pot)  
Dissolve the stock in the 3 cups of boiling water then add to the mix. Once the lentils have absorbed the water, drain, rinse and add to the mix. Continue to simmer until lentils are tender. Add salt & pepper to taste.

## **ACCENT**

Presented by Pam, courtesy of Timaru club

### Fit to Serve

#### *A Recipe for a Healthy Heart in the Altrusa Club of Oamaru*

- 1. Take a generous measure of commitment*
- 2. To this add a handful of self and other compassion*
- 3. Sprinkle all with a cup of fellowship and friendship*
- 4. Add a bucketful of unconditional acceptance of strengths & weaknesses*
- 5. Whisk in good humoured energy*
- 6. Season with good will*
- 7. Pour in several measures of community spirit*
- 8. Blend with vigour and cook over a steady flame*
- 9. When ready, ice with a sweet layer of appreciation and validation*
- 10. Share in and enjoy the collective experience of service*





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## Our 50<sup>th</sup> Birthday

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On Saturday 8<sup>th</sup> March 2025, Altrusa International Oamaru Inc., celebrated its 50th Birthday at Riverstone Kitchen. The theme was “Gold”. What a wonderful time we had with nearly 50 Altrusan's from Oamaru, Timaru, Ashburton, Taieri & Invercargill.

The cutting of the cake was done by President Lynnette Budge, who was also an inaugural member of Altrusa Oamaru 50 years ago and helping her was Wally Macauley our eldest member at a spritely 92 years of age.



Another highlight was the presentation of a Lamplighter pin to Liz Ballantyne by past Governor of Altrusa Intl District Fifteen (NZ) & Oamaru Club member Maria MacKay. The award recognizes Liz's work in the club over the last 16 years but especially for her dedication to our ASTRA club at Waitaki Girls High School This is a junior extension of Altrusa giving young women the opportunity to provide service to the community.



**Also receiving Service pins at our birthday were;**

Wally Macaulay	50 yrs
Lynette Budge	50 yrs
Jenny Cleland	35 yrs
Liz McIntyre	30 yrs
Lynne Isbister	30 yrs
Bev Manson	20 yrs
Anne Brown	15 yrs

## Seniors' Afternoon Tea March 2025



Our annual Seniors' High Afternoon Tea event was held at Meadowbank Bowling Club on 30th March 2025. We welcomed 54 oldies to enjoy some lovely food, a cuppa & entertainment by the Ukelele Ladies group. Beautiful raffles were popular and there was a lot of happy people taking home their goodies at the end of the day.



You always win  
when you move through life  
with authenticity, honesty, love  
& a grateful heart. Always.

Liz Ballantyne donates our distraction packs to Lucy at the Womens Refuge.



## Changeover May 2025





## ASTRA Club of Oamaru

ASTRA is an acronym that summarizes what we are about. We use our ABILITIES to SERVE our community. We participate in TRAINING that improves our leadership skills and take RESPONSIBILITY for our work together. Our members are proud of ACHIEVEMENTS that make a real difference to our world.

On Monday 11<sup>th</sup> August, our Altrusa Club was joined for the meal by President of ASTRA Club of Waitaki Girls High School, Gloria and Vice-President, Letisha.



Their club now has 35 members, with 13 new members receiving their pins last week. They have been busy with baking for the elderly, distraction packs for the hospital and helping with some of the items for our Altrusa Bazaar.

They have great enthusiasm with many ideas for the year and with the members ranging from Year 9-13 they will remain a strong group.

Liz Ballantyne-Altrusa ASTRA Committee Chair, Gloria Kaur-President ASTRA Club of Waitaki Girls High School & Letisha, Vice-President.

### **Upcoming Events;**

**15<sup>th</sup> Oct- Can Day- Oamaru New World**

**14<sup>th</sup> Nov-Victorian Garden Party**

**15<sup>th</sup> Nov- IFF Day, Weston Hall 10-3pm**

**24<sup>th</sup> Nov -International Day- Thermomix night at Awamoa Bowling Club**

## Bazaar August 2025

Another successful Bazaar!! As usual there was a line of people outside the Scottish Hall in Ōamaru waiting for doors to open onto a rainbow of bargain buttons, fabric, ribbons, thread, wool, jewellery and more.

Alot of work goes into preparing for our big weekend with endless hours sorting, measuring, pricing everything. Then we have the men helping with the heavy lifting and setting up the tables on the day.



This year we had the WBHS prefects helping on the Friday setup day with the tables and boxes of fabrics. Thanks to Murray for arranging that.

And what would we do without our kitchen angels, Kath and Julie, providing us with cups of coffee, soup and buns, and an array of baking!

The pop-up shop is now open for business for the next two weeks. Proceeds from the weekend bazaar and the Pop-up shop are being counted and we will have the final figures once we have all sales income banked and all relative expenses relating to both the bazaar and pop-up shop.

