

From the President



This gearing up for Spring makes for a hectic life, with not being able to use the wet and cold to lock oneself away! Unfortunately, the gardens (weeds) know it's Spring and there is so much growth that needs taming. The year is wrapping up quickly, and I know that the Altrusa committees are already planning for early next year. For me, it always feels like a downward slide from September to December.

I attended the Waiopahu College senior prizegiving on the 30th of October. It was great to see such achievements by the senior students. The recipient of

our Altrusa award is a young gentleman who is going to medical school next year, a great match for what I am passionate about. I have decided that I am getting old. The college rock band did a number from the stage and thankfully I followed the suggestion to move with other guests away from the stage. I could not tell you if it was great music, but it was very loud.

Keith and I have attended two funerals in six days. There is nothing like a funeral or the death of someone your age to make one think about one's health and lifestyle. Sometimes the best diet and lifestyle can't cut it with genetics going against you, so it is important to have regular medical checks and comply with the expert advice given to you. Quality of life is also about having great relationships and I know we have this amongst our Altrusa Levin members. I am being philosophical now, so I had better close off.

Remember "life is too short for self-hatred and celery sticks" (Marilyn Wann)

Brenda



October Programme Meeting

Our October program meeting was held on Monday 20 October and was hosted by the Service Committee. 24 members and guest, Molly Page, were welcomed by Committee Chair, Tui. We acknowledged the long list of October birthdays and dealt with notices.

Dinner was delicious - braised beef, mashed potatoes, roast vegetables, peas, broccoli & cauliflower in cheese sauce and garlic bread. Dessert was sticky date pudding with ice cream and butterscotch sauce. Suzanne won the raffle of a pamper box of purple goodies. **Very apt – purple being the colour for Dementia awareness.**



Our speaker for the evening was Molly Page, registered nurse and educator. She is a dedicated professional with a focus on gerontology (nursing for the older person), improving health care for those in elder care and nursing education. Molly spoke about her professional journey with dementia.

Dementia is an umbrella term for a group of symptoms, including memory loss, confusion, and difficulty with thinking and problem-solving, that are caused by diseases damaging brain cells. It is a progressive condition that worsens over time and is not a normal part of aging. At over 80 years of age 1 in 4 are likely to be diagnosed with a form of dementia.

There are 4 types of types of dementia

- Alzheimer's – the most common
- Vascular Dementia – likely to arise from a stroke or head injury.
- Lewy Body Dementia
- FTD Frontotemporal Dementia.

Most dementias are diagnosed from the types of proteins that build up within the brain.

While those who suffer from dementia often regress or appear to no longer be themselves, there is always a glimmer, a few moments of time, when they are truly themselves again. Molly gave us some very poignant examples of this with several stories.

You can find dementia support through organizations like [Alzheimers New Zealand](#) (0800 004 001), which offers a national helpline, local support groups, and resources and [Dementia NZ](#) (0800 433 636), which provides support and education.

Report by Cushla

Age on the Go Expo

Friday 10 October 2025

Membership committee had a very successful and enjoyable day at the **Age on the Go Expo** held at the Levin Events Centre.

We set up our stall very quickly and it looked very colourful and interesting. Our stall displayed examples of

- our knitting
- distraction packs
- Days for Girl's packs
- books for children
- pamper packs

A photo board showed enlarged photos of our Star 4 Courtyard and other projects we have undertaken. We also had two beautiful raffles on display, which raised \$282.60 for Days for Girls

Of course we had our Altrusa Flag flying.

We all wore Altrusa aprons and drew lots of comments from attendees about



how good our stall looked. Many knew nothing about Altrusa, so we were able to give them information about our Club, one of our new rack cards, and an Altrusa

bookmark which our committee made for the day. We also handed out some coffee invites to anyone who showed a lot of interest in Altrusa. Time will tell whether any of these initiatives were successful in attracting new members.

Report by Chris D

Committee Corner –

What a busy club we have been – here is a snapshot of what each committee has been up to:

SERVICE

- Completed planning for the October Programme Meeting
Evening went very well – Dementia Nurse gave an excellent talk.
- Long Lunch – Ladies Only 😊
16 November @ Brenda's
Details ironed out :-
 - Catering
 - Tickets & Payment
 - Raffles
 - Seating
 - Guest entertainment
 - Venue logistics

Hours

Altrusa 27 Community 96

COMMUNICATIONS

No meeting this month but still kept Altrusa to the fore –

Hours

Altrusa 19 Community 136

Final meeting for 2025 will be dinner at a local restaurant.

LITERACY

- Make a Difference Day reviewed – very successful.
- Organised the details for a club Open Day workshop in Te Takere on Saturday 8 November from 10am - 2pm making
 - Distraction Packs
 - Memory Books
 - Picture books
 - Pamper Packs
- possible literacy challenge for members over summer
- Investigating reading at schools /Te Takere in 2026

Hours

Altrusa 47 Community 22

MEMBERSHIP

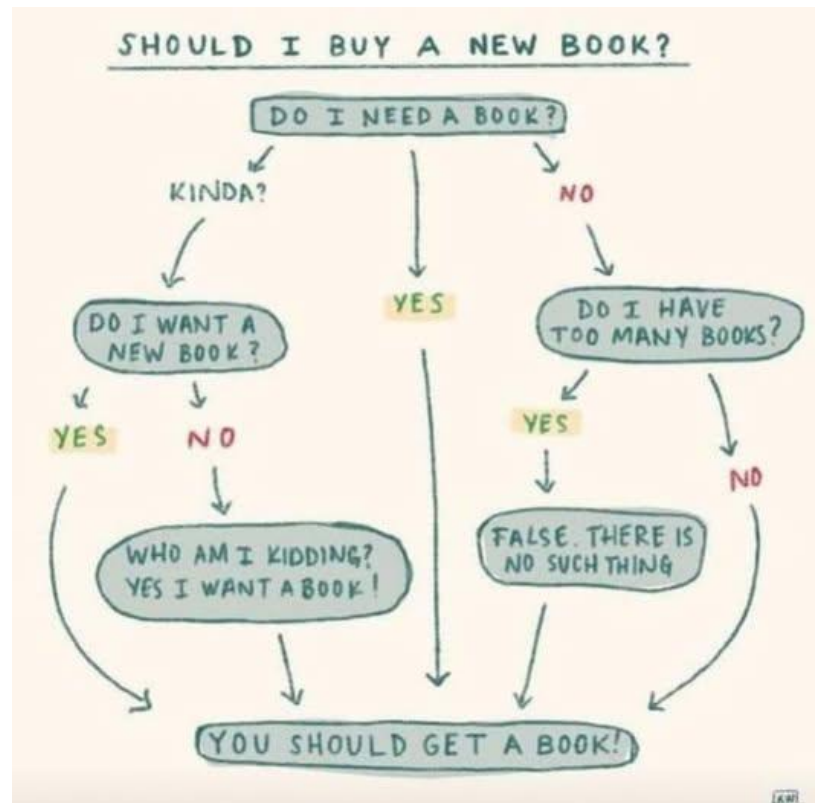
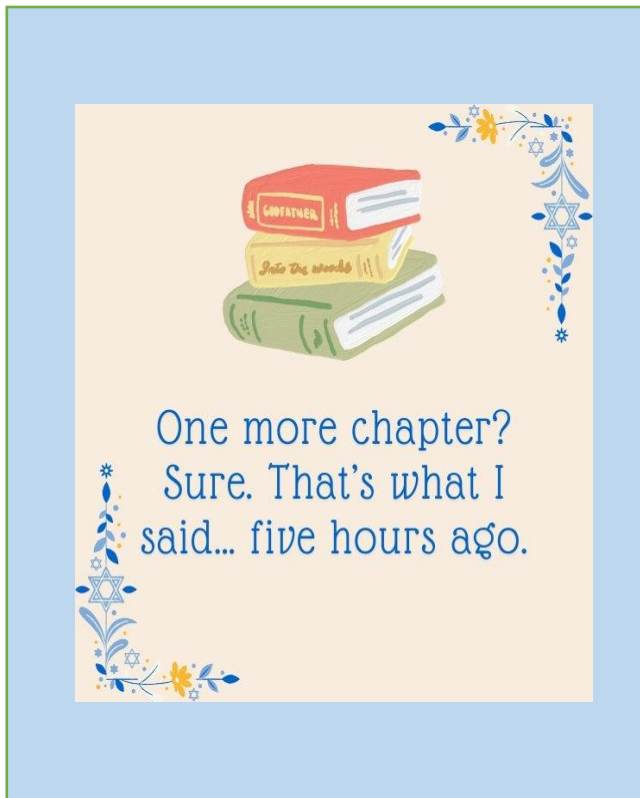
- Evaluated stall at “Age on the Go” expo in October – very successful
- Open Day at the library to showcase our Club on November 8
- November Programme meeting planning begun – speaker secured from Red Cross NZ – topic is Refugees in Levin. Will be an “Open Meeting” -guests welcome
- Membership Development and fun social day – 31 January 2026 –

Hours

Altrusa 27 Community 96

All up this month, the committees reported a total of 137 hours for Altrusa and 349 Community volunteer hours – way to go

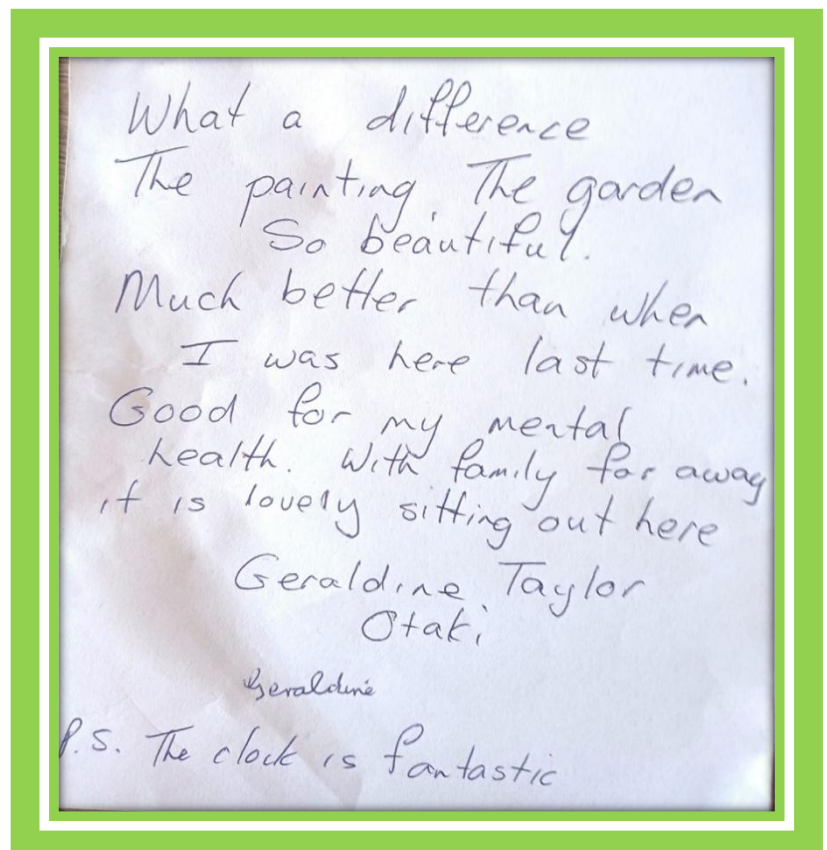




A Project That Really Made a Difference

Jan J was visiting the STAR 4 garden, when an elderly patient came out in her dressing gown and got Jan to write this for her on a scrap of paper – which she then signed.

The perfect “Award” for our STAR 4 project.





Xmas Fruit Ice Cream Cake

1st Layer

1 packet of wine biscuits – crushed

100 grms of butter – melted

Press this 1st layer into a bowl lined with plastic.

Go right up the sides.

Set this in the fridge



2nd Layer

1 small bottle of cream – whipped

1 cup mixed fruit

350grms of cherries – soak in brandy first if you wish

Whip the cream, add fruit and place in the bottom and up the sides of the bowl.

Cover the biscuit layer completely. Put a small bowl in the centre so that you can have room for the final layer.

Place in the freezer overnight to set.

3rd Layer

1 litre of vanilla icecream, softened, with a handful of chocolate chips. Remove the small inner bowl and fill the centre with the icecream mixture.

Place back in freezer to set.

Turn out on to a serving plate and cut into slices.



**Yummy Xmas decadence
from Jill to start getting us
into the spirit of the Season!**



You know how Diane and Larry often go away in their motor home- well here's what they got up to last time 😊



Three weeks away in the Motorhome.



On the 16th of October we left Levin and spent our first night at Tūrangi Motorhome park. This is often a stopover for us to break the journey.

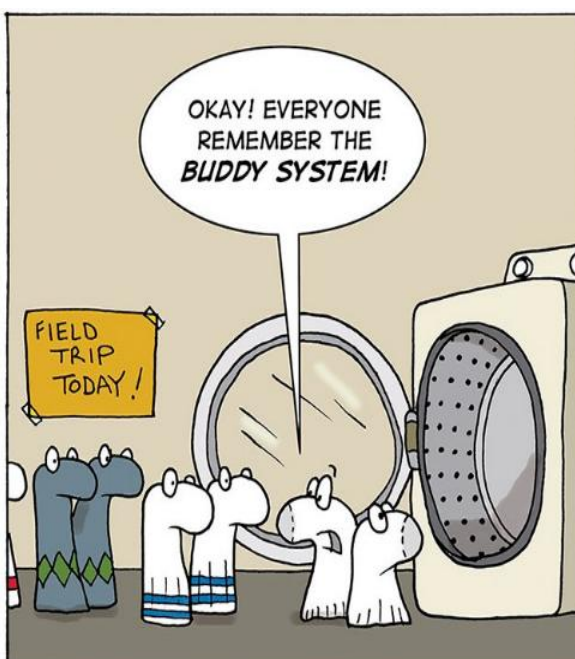
We then headed to Pyes Pa (Tauranga) for four nights. Rona, the owner, has a Park-over Property. We pay \$5 per person per night to stay. She has a shed on the property for visitors to gather in. A group of us get together there once or twice a year for music.

After leaving Pyes Pa we caught up with friends and family at Paeroa, Morrinsville, Ngāruawāhia and Leamington quite a tiki tour!

On Wednesday 29th October we met up with friends at Matamata ready for Te Aroha. The main reason for being away was that 14 of us were going to the "Te Aroha Romp" held annually. This always books out very quickly and this year there were 572 vans.



We had four different professional entertainers over the weekend plus pipe band competitions. Each evening the dance floor was packed. After another stopover in Tūrangi, we arrived back home on the 4th of November after a very enjoyable three weeks full of family, music and friends.



Helen is having a stall for Days for Girls. You may find little Xmas gifts as well!

Levin Altrusa Open Workshop Day @ Te Takere

We held a working bee at Te Takere to showcase our current projects to the public.



11 Altrusans, helped by 4 members of the public who joined in, assembled 90 distraction packs. These which will go to the Police, the Women's Refuge and the Rape Crisis Centre.



The scrapbooks drew much interest from the public - easy and enjoyable to assemble. These will go to refugee children, helping them to recognise and remember everyday items. All pages are carefully laminated and bound, to last through the generations.



The Days for Girls table displayed finished sanitary products destined for worldwide distribution, as well as NZ. An enjoyable morning for all.

Relaxing after a job well done



COMING

12	November	Payments for Long Lunch due
14	November	Payment or apology for Programme Meeting
15	November	Mini Xmas market @ Speldhurst
16	November	Long Lunch 11.39am
17	November	Programme meeting hosted by Membership
20	November	STAR 4 working bee
26	November	Board Meeting
27	November	He Whare Manaaki Tangata Prizegiving
28	November	Coffee Morning 10.30am
8	December	Christmas Programme Meeting
12	December	Avenue of Trees until 14
24	December	Happy Christmas to All



31 January Membership Development and fun social day

