



ALNEWZA TAURANGA – October – November 2025

2025-26 Board Members:

President: Maggie Dudfield

President Elect: *vacant*

Secretary: Julie Bradley

Treasurer: Judy Thomson

Immediate Past President: Pam Hayes

Directors:

Sue Amon

Margie Robertson

Alison Ware

Committee Chairs:

Service & Literacy:

Margie Robertson

Fundraising & Programme:

Sue Amon

Membership & Communications:

Alison Ware

PRESIDENT MAGGIE'S REPORT

The other day as I put pen to paper as President of this amazing Club for "Kiwi Altrusa" (of which our Pam is now the Editor), I couldn't help but think what a busy few months we have had, both in the community and Club social events.

One of the highlights for me was going to Merivale School on Friday 12th September to read to a classroom for World Literacy Day. The making of the Christmas crackers for the children at Tauranga Hospital and gardening at Otumoetai Plunket (with the ladies wearing the new fluoro pink Altrusa vests) with coffee afterwards were great projects.

Eleven members went over to the IFF Day in Morrinsville on Saturday 20th September. "Holy Cow" was the theme for the day. We all thoroughly enjoyed the day – plenty of information, fellowship and fun. We forgot to call into the Annah Stretton shop on the way home for some retail therapy!!!

Our last business meeting for the year was tonight, 11th November. The Christmas dinner is Tuesday 9th December.

As we start the count down for Christmas and the end of 2025, let us enjoy the assembling of our big fundraiser Sandjars while laughing and socialising with our fellow Altrusans.

Notice Board

'Coffee Mornings' - First Saturday of the month at 10.00am

"Book Chat" - Held at Catherine Mole's house the third Wednesday of the month every second month at 7.00pm

"Friday Diners' Group" meet at a different restaurant the third Friday of alternate month to Book Chat.



FUNDRAISING AND PROGRAMME COMMITTEE

Christmas Dinner

Tuesday 9 December
Charthouse
72 Keith Allen Drive
Tauranga 3110



Looking forward to some lovely pictures and happy faces from this evening for the next newsletter.

Dates for 2026

27 January	YEAR STARTER	Fish & Chips at Kulim Park (or BYO dinner)
24th February	Membership & Comms	Bowling & Dinner
27 th March – (Friday)	Fundraising & Program	Quiz Night – Matua Bowling Club (confirmed)
28 th April	Membership & Comms	Getting to know you
26 th May	Membership & Comms	The Great Altrusan Scone Bake Off

Sandjar Fundraiser

On our November Programme night members will get together at Toi Ohomai Institute of Technology's kitchen, to put together the Sandjars for our Christmas fundraiser. These are a delicious Brownie Recipe. More to come on this in the new year in the next edition.



SERVICE AND LITERACY COMMITTEE

To celebrate International Literacy Day, seven of our members attended Merivale Primary School to read to the junior classes and present them with around 50 books. Aprons for the garden programme were also donated. The teachers and students were very appreciative.

An enjoyable experience for all!



Christmas Cracker Production

Written by Margie Robertson

Fourteen of our members met for our November programme night to assemble the annual Christmas Crackers to be distributed to the children unfortunate enough to be in hospital over the Christmas Season.

Thanks to Glenda for her organisation and sourcing the items needed.





The use of Christmas serviettes instead of the usual crepe paper worked wonderfully well and gave a colourful result.



Pink Ladies

Written by Raewyn Turner

Our very own "Pink Ladies"



Six of us from Altrusa Tauranga started November off by tidying the garden at the local Plunket Centre. Even our prospect member, Carole came and helped out, donning a regulation vest.

It was a good event to christen our new pink Altrusa vests, as we were highly visible from the road.



As we tidy this garden every 6 months, it is easily done within an hour, so we were in good time to meet up with our other Club members for coffee at 10am. What a lovely way to spend a morning – doing a good deed with others, followed by a relaxed social time together.



Thanks to the ladies who 'got down and dirty' for Plunket

Distraction Packs



Sandra and Margie delivered 28 Distraction Packs to Second Avenue Health and Emergency last week, which were well received by the staff.

NEW MEMBER PROFILE



Our newest Member
"Jody Pena".

Q. *Why did you join Altrusa?*

A. Altrusa provided me with a small bursary when I went to university. My daughter had the opportunity to go overseas for school, and Altrusa helped with funding. I really liked the group of ladies and thought I'd like to give back to the community along with them.

Q. *What is your favourite book?*

A. This is a tough question and depends on my mood! I like all kinds of things from *Sense and Sensibility* by Jane Austen to the *Orphan X* series by Gregg Hurwitz.

Q. *If you were on a desert island what three things would you want to have with you?*

A. Sunblock, water, and a good book.

Q. *What movie or TV Series have you watched over and over?*

A. I like medical TV series such as *Greys Anatomy*, *House*, and *Chicago Med*.

Q. *What is your favourite holiday spot?*

A. I want it to be somewhere in Italy. I just have to get there first!

Q. *What is, was your Career?*

A. After University I was a bank teller, then a personal banker in Texas, and now I am a Resolutions specialist

Q. *Who makes up your family?*

A. My Husband and our two girls aged 12 and 17.

Thank you, Jody, for providing this.

AN INSPIRING EVENING WITH AUTHOR DENISE FITZPATRICK

Written by Pam Hayes

On a cosy Tuesday night at Shonna's residence, club members were delighted to meet local author Denise Fitzpatrick. She describes herself as a "Pantsta"—writing by the seat of her pants! Not quite what I had imagined an author would say, but it certainly added charm to her storytelling.

Denise shared her journey to becoming a published author, which began with an obsession for reading mysteries. Like me, she enjoyed Enid Blyton's *Famous Five* books, later progressing to Agatha Christie's whodunits—though I must admit, those didn't capture me in quite the same way.

She spoke about her involvement with Romance Writers of New Zealand and SPA (Self-Publishing Authors), noting that her printer is based in Wellington and that Wheelers act as promoters or intermediaries. Impressively, Denise has learned to manage the entire publishing process herself. It seems there's little profit in going through traditional publishers or platforms like Amazon.

Her writing routine includes aiming for 500 words per session and sending 10,000-word chunks to her editor. The inspiration for her first novel came from her travels around North America, which formed the basis of her *September* series. The second and third novels continue with the same main characters but are set right here in Tauranga.

You'll find Denise selling her books at the Pyes Pa Market, and they're also available through her website: www.denisefitzpatrickwriter.com.

I thoroughly enjoyed listening to her and was incredibly impressed by her focus—not just on promoting her novels, but on encouraging aspiring writers. She generously shared insights on how to begin writing a first novel. I picked up her handout *How to Write Crime Stories*, and I must say, she's lit a spark in me. I now believe writing a crime novel is truly possible.

A REPORT ON THE IFF DAY FROM ONE OF OUR CLUB'S 'FIRST-TIMERS'

Written by Nicky Treadwell

Two new adventures for me - my first IFF day and my first visit to Morrinsville. Early start at 8.20am carpooling for a roadie to Morrinsville. A beautiful morning and a scenic drive with good company. In all we had 11 Tauranga Altrusans attend.

What is an IFF day? Well according to AI it is "an acronym for an international friendship day" – a regional gathering for members of the Altrusa International District Fifteen in New Zealand - Information, Fun and Friendship. These days feature workshops, socialising, and the opportunity for clubs to host and share their activities.

So that question answered - next one. Where is Morrinsville? It is a town in the Waikato region servicing the local dairy industry and interesting point - it has the highest concentration of dairy cattle in New Zealand. In fact, the township is home to a herd of 60 street art cow statues (more on them later).

Naturally, the day started with coffee and cake and socialising with ladies from Morrinsville, Hamilton, Cambridge, Rotorua, Te Kuiti and Te Awamutu and Tauranga – 40 attendees in all.

The day was split into workshops where we shared projects the clubs were involved with, what we wanted our individual club legacies to be, and an interesting four-point discussion.



Members helping with the workshops.

The four points covered were:

- How do we make members feel included and supported?
- Handling a member's departure.
- What you do after a person leaves.
- A unique fun thing your club did recently.

Answers were many and varied.

(see end of newsletter if you are interested)

Our guest speakers were from the **Active Hearts Foundation – Together for the children of the Himalaya**. Active Hearts Foundation was founded by New Zealander Dan Keys (our guest speaker via Teams) and Arjun Adhikari (Nepali trekking guide). Dan is an adventurer who has had a long association with Nepal leading treks and now overseeing village projects and leading charity treks. Beth Grannis, a documentary film maker from USA was our other guest speaker (also via Teams). \$70 was raised as gold coin donation by IFF attendees.

District Fifteen have agreed to partner with Active Hearts Foundation as their International Service Project. Their projects include building libraries for schools, playgrounds for schools, providing clean drinking water for schools, family food relief packages, orphanages, bathrooms for schools (so girls can have separate bathrooms from boys), building



One of the herd!

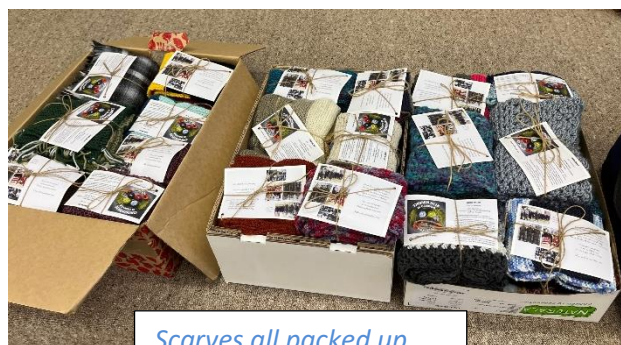
earthquake shelters and more. My daughter-in-law is Nepali – the stories she tells of her childhood and the high needs there, ensures this is close to my heart. Oh, and one more thing - Nepal is not pronounced NePaul its Nepal 😊.

Just before lunch Tauranga Club were presented with a Distinguished Club pin for the past 2 years from Altrusa International. We were one of six clubs in New Zealand to receive this award. According to our esteemed leader Maggie, we received it after lodging her report to the United States including our service hours. So well done Tauranga team!! The Club Pin will be pinned onto our club banner.

Following lunch, we went outside to stretch our legs and split up into groups with members from other clubs. We were asked to find a “cow statue” and take some photos. My group was awarded funniest photo – not sure if anyone has a copy and a prize was awarded. It was a great way to interact with members of other clubs in an informal and relaxed way.

Once all that excitement had settled, we had two more practical workshops.

One group of us folded, packaged and tagged 82 scarves for Operation Wrapped in Remembrance (for RSA Vets) and the others knitted poppies for the Morrinsville RSA. Am I the only one who was unaware the traditional “paper and plastic” poppies will no longer be available?



Scarves all packed up

Another cup of tea and we hit the road to come home. Thank you to all who went. It was a worthwhile experience. We heard what other clubs do, we shared some of what we do, and we all came away with ideas.

I may be biased but I think Tauranga Club is pretty special in what we do and how we do it!

Poppies for Returned Servicemen Association



Cast on 48 stitches in Red wool.

K2, P2 for 6 rows

Next row in Black

K2 tog to the end of the row (24 stitches)

Slip 1, K2 tog, pssso and rep to end of the row. (8 stitches)

K2 tog across next 2 rows then cast-off last stitch.

Darn in ends and join sides

Use glue gun to stick pin on back of poppy.

I think all our members agreed we enjoyed a great day. Thank you Morrinsville!. And as one of our long standing members said “It reminded her why she had joined Altrusa”. See at the end of the newsletter other information from the IFF Day.

DISTRICT FIFTEEN NEWS



Active Hearts Foundation: A New International Service Project for District Fifteen

Written by Pam Hayes

The Active Hearts Foundation is partnering with Altrusa District Fifteen, and I couldn't be more excited. I first saw their presentation at our Annual Conference in Invercargill, and it truly resonated with me. Their mission aligns beautifully with our values and goals, making them an ideal choice for our International Service Project.

Our support will help create lasting, positive change for Himalayan children, schools, and communities. As Dan Keys shared during our IFF Day Zoom meeting, *"We are truly honoured to share this journey with you."*

I encourage everyone to visit the Active Hearts Foundation website to explore the many ways we can contribute. Here are just a few:

-  **Funding for orphanages**
-  **Book bags and school supplies**
-  **Knitting jumpers, beanies, shoes, and warm clothing**

Looking ahead, there will be an opportunity to collate supplies for shipment in **January/February 2026**—a wonderful chance for us to come together and make a tangible impact.

facebook.com/activeheartsfoundation
intstagram.com/activehearts.foundation

Conference in Wellington May 1-3, 2026: "Absolutely Positively Altrusa"

Venue: – Copthorne Hotel Wellington

Friday afternoon:

President Training, First timers session and Registrations. Altrusa

This reduces the need to stay Thursday night for Presidents, and allows for Friday morning arrival to Wellington

Friday night: Social night

Saturday: Normal Conference sessions, with Business, speaker and workshops.

Saturday night: Dinner

Sunday: Memorial Service, Breakfast and Speaker, additional activity yet to be determined, and call to conference in Oamaru.

Sunday session will finish later than before, to allow for the absence of a Conference session on Friday afternoon. Approx finish 1.00pm. This still allows time for flights home from Wellington to all regions.

Note 1: numbers will be limited, as costs for venue hire mean we have to use a smaller space and be a bit more creative with how we manage it.

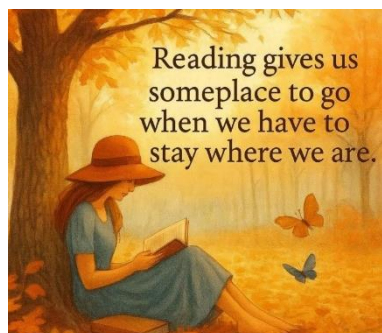
Note 2: The Past Governors have accepted responsibility for organising the Conference. However, they will need manpower from Clubs to assist with Registrations, Expeditors, and other tasks.

Start getting your award applications ready. It's not as hard as you think. Turn over for the awards

LITERARY CORNER

Book Chat

Last Book Chat for the year - Wednesday 26 November.



From the "Crazy Book Lady"

A Treasure

By Julie Bradley

I found this in one of my books, on a bookmark given to me by my then 5-year old granddaughter Lila, an avid reader.

"Books to the ceiling,
books to the sky,
my pile of books is a mile high".

- Arnold Lobel

And now she is 11 years old, I'd say her piles of books are even higher!!

A poem submitted by Ann Fulcher and written by a friend.

A book doesn't ask "What's for dinner"
A book never mansplains to you.
A book just sits silently, waiting;
'Til you're ready with your favourite brew.

A book is available always,
A book can engross and enthrall,
A book holds myriad adventures,
And you don't have to wait for its call.

If a book doesn't hold your attention,
If a book bugs the heck out of you,
If a book proves a pointless distraction:
You can just grab another to view.

A book doesn't judge or berate you,
A book can be held whilst you dine,
A book is impartial and faithful,
It won't tell you to stop drinking wine.

A book can be judged by its cover,
A book won't leave towels on the floor,
A book can be left on its own for a month,
You can toss it and walk out the door.

A book doesn't need you to love it,
A book just exists to be read,
A book doesn't nurse a huge ego,
It's your choice if you take it to bed

Yes, a book is the perfect companion,
You can probably tell I'm a fan,
If it came down to a choice on an island:
I'd much rather a book than a man!

SOME OF OUR BOARD MEMBER'S THOUGHTS ON THEIR ROLES THIS YEAR

Maggie

My second term as President has been very rewarding. When one takes on the role of President, it is very daunting, but with the support of members who are far more experienced in holding various roles in the Club, it has made it a lot easier for me. Everyone has a different "style" of leading the Club but that's the great thing about it. Never say never. You'd be surprised at what you can do!!!

Margie

As a member of the Board for 2 years, I have found it very informative. It has certainly helped me grow in confidence and I feel it is a great way of representing the ladies of our Club.

Julie

Well, I have forgotten how many times I have taken on the role of Secretary over the past 16 years. Its not too onerous, and I have enjoyed doing it. It is a great way to become more familiar with the ins and outs of Altrusa. Potentially it is keeping good records for the Club and assisting your President where you can. The Board meetings can be fun, not all work. Give it a go you will surprise yourself!! And I'll always help you.

More comments to come in the next edition!!

BIRTHDAYS



Seven members birthdays in October as we saw in the last newsletter.

Then no more until January. I hope you all enjoyed your special day in October.

And then we have seven again in January. ---

12 January – Jill
12 January – Judy
13 January – Maggie
16 January – Julie
25 January – Pam
26 January – Raewyn
29 January – Claire



Enjoy those birthdays in January!!



This will be the last newsletter for 2025. Thank you to all who contributed this month, it makes it a lot easier to put something together and I am sure it is much more interesting than reading only what I have to say. Please, Please keep it up – all contributions no matter how big or small are accepted.

I wish you all a very merry Christmas, wherever you may be, whatever you may be doing, and whether with friends, family or both.



Happy Christmas and New Year everyone!!!



See you all on the 27 January for our start of year get together.

Julie Bradley

DATES TO REMEMBER

- | | |
|-------------|---|
| 16 October | World Food Day |
| 24 October | United Nations Day |
| 25 October | Make a Difference Day |
| 25 November | International Day for the Elimination of Violence against Women |
| 10 December | Human Rights Day |

Links for your information:

District Fifteen Website

www.districtfifteen.altrusa.org

[District Fifteen Facebook page](#) [Altrusa](#)

[International of Tauranga Facebook page](#) –

Altrusa International Website

www.altrusa.org

FEEDBACK FROM THE IFF DAY - FYI

Altrusa Club's projects

Tauranga

Gardening for Plunket
Reading to kids at school
Christmas sand jars
Sock puppets
Reading to Junior School
Magic Mums
Buy books at Bookfair
Meals on Wheels, Shortbread and Easter Eggs
College kids' literacy
Gumboots and socks for schools – Garden to Table
Pacifica costumes for Pacifica projects

Rotorua

Memory Books – sitting with people with dementia and going through books created by club
Raising funds to send 8 primary school students to EquiSucceed (Riding for Disabled)
Literacy projects
Marshal support at the annual International Walk
Distraction Packs

Hamilton

Blankets for Babies
Youth and Young Citizens
Kids in Need
Grandparents raising Grandchildren
Carers weekend

Te Awamutu

Books for Babies
Sunshine Lady
Reading at the local Library

Cambridge

Literacy awards
Santa to a Senior

Te Kuiti

Rocket into reading
Literacy Awards
Young Mum's Knitting

Morrinsville

Emergency kits
Age Concern luncheon
Literacy Awards
Cake stall
Distraction Packs
Laundromat Library

The Altrusa Four-Point Share

Objective: For each person to quickly share a specific, actionable detail about their club in four distinct categories.

Setup:

- The group sits in a circle.
- The facilitator introduces the four points everyone will be speaking to.
- Emphasize the "quick-fire" nature of the activity—20-30 seconds per person, max.

The Four Points:

1. "Inclusion Ignition" (Making members feel included and supported):

- Each person shares **one specific action or tradition** their club does to make new members feel welcome and supported.
- **Examples:** "Our club has a 'buddy system' where new members are paired with a long-term member for their first three months."
- "We have a 'member spotlight' at each meeting where some shares their personal story and why they joined Altrusa."

Socialising dinners; Lunch meetings; Evening Social Time; One special yearly lunch; New member introduced at each meeting for a couple of months; Have an 'Induction Ceremony' theme with small gift; Have a brunch/lunch; Include in working bees; Be Nurturing; Don't push, sit with sponsor and move them around and introduce to meeting, be hands on; Explain Altrusa wording; Demystifying Altrusa and what it is about; Organise Meet & Greet in members home, other members say why they joined Altrusa; Have a list available of phone numbers and addresses and offer lifts to meetings; Have a door greeter and be welcoming to new members and visitors; Have a friendly visitors club page; We have a social group drink and catchup before meeting. Leanne had a zoom meeting with 4 new club members; New members – approach people, invite friends to social craft day, socialising important; Inform Rosemary, Membership Committee, of new members.

2. "Leaving Well" (Handling a member's departure):

- Each person shares **one thing their club does when a member leaves**. The focus should be on positive or respectful actions.
- **Examples:** "We send a handwritten card signed by all the members thanking them for their contributions." or "We hold a small farewell tea to celebrate their time with us and wish them well on their next journey."

Communication; 3 left – phoned with thanks for their contribution, asked for reasons why left, paying to International not known, sometimes uncomfortable reasons given, opportunity to learn; Letter – friends of Altrusa; Dynamics between members – watch interactions and manage carefully; Sadly 2 died and 1 left, phoned, aware family do come first; Be aware of cost involved, expensive for many; Hurts when members leave, time for soul searching and reflection; Self review, what can we do better, phone, say they are missed, become a friend of Altrusa for fundraising and come back to help; Allow dues payment over months/weeks if budget a concern; Have a conference account for members to donate money to; One member left and joined another club, no one followed up from other club, must contact and follow up; Be grateful for their contributions; Leave of absence can be an option; Send newsletter out to left members; Invitation to left members to rejoin, in their hearts they are still Altrusans; Keep connected to left members, don't forget them; Have a messenger site for reminders and messages; New members joined from Home and Garden show Altrusa stand, didn't know anything about International commitment, intense, we need to step back, overwhelming, not just a service club and they just wanted community projects; Recognise birthdays; Emeritus members an option for older members; Always follow up with members who have left; Ask for referrals from past members; Refer to 'Who Am I' the invisible new member who didn't stay!

3. "The Re-Ignite" (What you do after someone leaves):

- This is about moving forward. Each person shares **one practical or emotional step** their club takes to adjust after a member's departure.
- **Examples:** "We check in with other members who were close to the person who left to make sure they're feeling okay." or "We review the roles and responsibilities to see if we need to redistribute tasks."

Check in, review club responsibilities; Some miss out being checked on; Keep in touch; Have a line of communication open; Offer support, let know still in our thoughts; Ask why people leave, no blame, what can we learn, change.

4. "The Spark" (A unique, fun thing your club did recently):

- This point adds a light-hearted, positive element. Each person shares **one unique, non-service-related activity or event** their club did that brought members closer together. This helps highlight the social and bonding aspects of Altrusa.
- **Examples:** "We had a 'bake-off' competition at our last meeting, with everyone bringing a different baked good to share." or "Our club took day trip to a local art gallery followed by lunch."

Movies; Morning teas; Call in, ring and provide meals for a member when family member dies; Have a supper once a month; Spontaneous meetings; Opportunity to have dinner and go to a show; Once a month have a get together, have a cuppa, and afternoon social time and work on a craft project. Fellowship together; Meet socially and could learn of issues with member and family and able to offer support; Be social and get together is a way of retaining membership and attracting new members.

RECIPES

SUSI'S HEALTHY OATMEAL CHOCOLATE CHIP FREEZER COOKIES

(as sampled at the recent Morrinsville IFF Day – thank you Susi)



Ingredients

200 gm soft butter	1 teaspoon baking powder
1 cup caster sugar	1 teaspoon salt
1 cup soft brown sugar	2½ cups rolled oats
2 large eggs	2 cups dark chocolate chips
2 tablespoons milk	2/3 cup sesame seeds
1½ teaspoons vanilla extract	2/3 cup sunflower seeds
2 cups plain flour	2/3 cup pumpkin seeds
1 teaspoon baking soda	

Method

In a large bowl, cream together butter and sugars until light and fluffy.

Beat in eggs, one at a time, followed by the warmed milk/baking soda and vanilla, mixed together.

In a separate bowl, stir together the flour, baking powder and salt, then gradually mix into the sugar mixture until just combined.

Stir in oats, chocolate chips and seeds until evenly mixed.

Roll into 1-inch balls and place on baking tray lined with baking paper, about 1½ inches apart to allow room to spread.

Bake at 170°C for 10-12 minutes on fan bake, until golden brown at edges and light golden in centre.

They will be soft when you take them out of the oven. Cook on baking sheet for 1-2 minutes before transferring on to a wire rack to cool completely.

Makes 4 dozen.

Note: You can chill the dough overnight, before baking, makes a 'puffier' cookie.

Can also make these and freeze in ice cream cartons with baking sheet between layers. Just take out however many you need, defrost for half an hour, flatten slightly with a fork and then bake, great for unexpected guests and advanced preparing for fundraisers.