

### From the President



Well, we have just had a summer that was not, and we are now slipping into autumn! Apparently because we had a early hot start to the summer season and despite the recent cold temperatures, it has been an average summer. Hard to believe!

Conference is just around the corner; it will certainly be interesting for me as a first timer and very different from the many GP and health management conferences I have attended in the past. The interesting part will be the different approach taken this time in comparison to previous conferences with the aim of making conferences much simpler, more cost realistic and easier for smaller clubs to host.

Our 2026 year is starting to ramp up, and it seems that we have exciting times ahead. In addition to the activities starting to take traction and those yet to come to fruition, it was great to see the unanimous club member indication of support for the club to get behind the proposed surgical robot fundraiser for the region. A project by which we can get behind and make a difference to our community. Watch this space!

May we as our local Altrusa club, and as a group of strong, innovative women, continue to make our mark in our community, making a difference!

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

Brenda



# February Programme Meeting

Our February program meeting was held on Monday 16 February and was hosted by the Board. 28 members and 2 guests attended.

Dinner was rolled Chicken, new potatoes, roast vegetables, peas, broccoli & cauliflower in cheese sauce and garlic bread. Dessert was raspberry cheese cake and fruit salad. Airini won the raffle of beautifully packaged tea and biscuits.

Our guest speaker was Deborah Campbell, district coordinator for Horowhenua Neighbourhood Support. Deborah works from the Levin Police Station and works alongside the police, Fire & Emergency, Age Concern, Community patrol, Horowhenua Abuse Liaison Trust and HDC Emergency welfare and emergency defence management. Neighbourhood Support provides weekly newsletters, updates on safety issues, scams and weather events. Deborah holds coffee and chat groups at Te Takere. She also works with the community constable.

## Keeping ourselves safe.

As coordinator for Neighbourhood Support, Deborah gave us advice based on her experience in that role -

- connect with neighbours – they can be your first support in times of difficulty
- check in with them regularly – perhaps have signals that would alert each other if things were amiss e.g. a light left on, or curtains not opened
- keep your property safe by doing the following sensible things
  - lock doors
  - shut windows
  - close garage doors even when you are at home. An open door advertises what you keep in your garage that may be worth coming back for!
  - close and lock sheds
  - don't open your door for strangers or let them in to use your phone
  - be aware of scams.

Deborah had several useful handouts to help us connect with our community and neighbourhood. Some Altrusans took the opportunity to sign up to receive the weekly newsletters. Tui thanked Deborah and gave her a token of our appreciation.

Report by Cushla



# CELEBRATING YEARS OF SERVICE

As part of the evening, President Brenda presented service awards to members who had reached key milestones on their Altrusa journey -

30 Years - Lynette Haywood

20 Years - Maureen Laing, Marie Williams, Alison Gracey

10 Years - Glen Hayes

5 Years - Cushla Lash, Jan Wickstrom, Moira Dowman



Brenda, Chris, **Moira 5 yrs**



**Jan 5 yrs** and Brenda



**Cushla 5 yrs** Brenda, Chris



**Glen 10 yrs** Chris, Brenda

Brenda, **Marie 20 yrs** Chris



**Alison 20 yrs** Brenda, Chris



Brenda, Chris, **Lynette 30 yrs**  
**Maureen 20 yrs**

Thanks to Chris and the Membership Committee for organising these presentations.

# Committee Corner –

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

## SERVICE

- Changeover Meeting - May 18  
Preliminary discussion took place
- Love Grace Handbag Appeal  
-will lead it as a project
- Possible Pie fundraiser – watch this space
- Knitting for Babies - checking what is needed going forward

Hours

Altrusa 10    Community 95

## COMMUNICATIONS

- Asset list has been updated
  - 1 apron is missing  
Request banner be held by Communication to ensure all assets in one place
- Love Grace Handbag appeal – agreed to support this
- Newsletter – reminder to contributor

Hours

Altrusa 12    Community 89

## MEMBERSHIP

- Evaluated picnic/membership development day – consensus was that it went very well with a great turnout
- New member wishes to join

Will be invited with her sponsor to the next Membership Committee meeting in March to begin the procedure.

Hours

Altrusa 65    Community 42

## LITERACY

- March Programme Meeting
  - Organised hosting the evening.  
Summer reading challenge Book Bingo results will be announced
- Books for Babies – purchased, wrapped and stickered ready to go with next baby knitting delivery
- Literacy for Adults – how can we help young adults struggling to read/write.? Investigating need via HLC

Hours

Altrusa 68.5    Community 37

All up this month, the committees reported a total of 155.5 hours for Altrusa and 263 Community volunteer hours - way to go 

# CARROT SALAD

## INGREDIENTS:

2lbs sliced **cooked** Carrots  
1 large Onion finely chopped  
Chopped Mint

## MARINADE :

1 cup Tomato Sauce  
1 cup Sugar  
 $\frac{3}{4}$  cup Vinegar  
 $\frac{1}{2}$  cup Oil  
1 tsp Mustard  
1 tsp Worcestershire Sauce

Boil together and pour over carrots and chill 24 hours



## NOTE from Airini

I halve the mixture – an old recipe thus lbs not kgs

Also use tomato sauce with 50% less sugar and 35% less salt

Also reduce the sugar by 50%

Have eaten this salad after keeping it in the fridge for 1 week and still tastes great.



# The Love Grace Handbag Appeal 2026 -

The Love Grace Handbag Appeal 2026  
 14 FEBRUARY - 8 MARCH 2026



## How it works

If you want to donate a handbag, fill it up with everything from the essentials list plus any extra you would like to add and then deliver it to your nearest drop off point. Check the NZ Love Grace FB page for this years drop off points.

**✗ Please DO NOT include:** Open / used / damaged products, money, food, sharp items, clothing, candles / lighters, medication, alcohol

- | ✓ Essentials:   | Optional Extras:   |
|---|--|
| <ul style="list-style-type: none"> <li>Shampoo</li> <li>Conditioner</li> <li>Soap/body wash</li> <li>Deodorant</li> <li>Toothbrush</li> <li>Toothpaste</li> </ul> | <ul style="list-style-type: none"> <li>Sanitary products</li> <li>Sunscreen</li> <li>Moisturizer</li> <li>Cotton Tips</li> <li>Nail Polish</li> <li>Lip Balm/Lip Stick</li> <li>Notebook + Pen</li> <li>Playing Cards</li> <li>Jewellery</li> <li>First Aid Kit</li> <li>Plasters</li> <li>Face Mask</li> <li>Exfoliator</li> <li>Wipes</li> <li>Face Cloth</li> <li>Hair ties</li> <li>Hairbrush</li> <li>Purse</li> <li>Sunglasses</li> <li>Tissues</li> </ul> |

**Empowering victims of domestic abuse in honour of Grace Millane.**  
 Violence against women is not ok. In memory of Grace Millane, the Love Grace charitable appeal was set up by her family to combine Grace's love for handbags with a legacy to end violence against women. In association with Women's Refuges, we are collecting handbags and filling them with useful items for women in need.



After the appeal all bags donated will be delivered to our local women's refuge. We thank you for your support.  
 lovegracehandbagappealnewzealand



18 bags and goodies donated by club members ready to be packed to deliver to Coco's in Queen St to distribute to Women's Refuge  
 Love from Altrusa Levin  
 Thanks to the Service Committee for organising this.

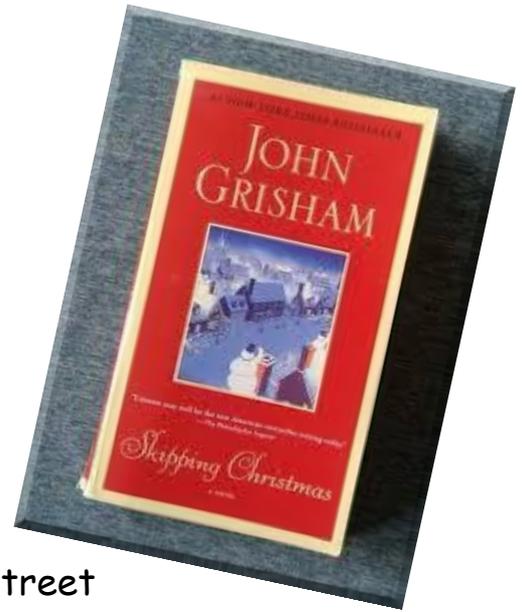
# LITERACY FOCUS

## Skipping Christmas

A novel by John Grisham

Imagine a year without Christmas, no crowded malls, no corny work parties, no fruitcakes, no unwanted presents.

That's what Luther and Nora Krank decide - just this once they'll skip the holiday altogether.



Theirs will be the only house on Hemlock Street without a rooftop Frosty. They won't be hosting their annual Christmas Eve bash

They won't even have a tree.



On 25th December



they're setting sail on a Caribbean cruise.

They find that skipping Christmas brings consequences and isn't as easy as they imagined. They learn that it is as much fun to give as it is to get.

This has now been made into a movie "**Christmas with the Kranks**"

Reviewed by Jan W - Look for this on the book table at Programme Meetings

### COMING

- |    |       |  |
|----|-------|--|
| 15 | March | Submissions for awards due               |
| 12 | March | Payment or Apology for Programme Meeting |
| 16 | March | Programme Meeting hosted by Literacy     |
| 25 | March | Board Meeting                            |
| 01 | April | Business Meeting                         |



03 06 March

Happy Easter to all