

From the President ... aka Ruth's Ramble



Altrusa coffee mornings often lead to a range of discussion topics.

One conversation last week was how things change –peas were once a staple vegetable on most of our plates! Broccoli, a superfood, is now popular. Do you remember though when you first ate broccoli? I do – June 1981...we thought we had green cauliflowers in the garden of the home we had just shifted to, and since then broccoli has been in the garden and on our plates frequently. I used to even cook it in a souffle, until there was a household

‘mutiny’!! That said, I don’t cook broccoli the same way that I did in 1981! Things change. Change is one of life’s constants.

After the last Altrusa coffee morning I eventually arrived home, and a while later a lady knocked on the door. She had an ID lanyard around her neck. Her opening remarks were “I am not selling anything; I am not doing a survey! I am here to tell you about what Canteen will be doing in Levin in the next few weeks”. Our conversation carried on from there and she told us that Canteen struggles to gain awareness of their work with and for teenagers living with cancer, despite using social media and any other publicity they can get. Canteen has decided that old-fashioned door knocking and word of mouth is likely to gain the best results! During our conversation we empathised with her about getting organisations noticed, as we were both in Service Clubs, and recent efforts to fundraise had been very challenging. We encouraged her to carry on with her work. She smiled and said if nobody else listened to her that day she really enjoyed our conversation!

We changed our attitude to the visitor at the door. Generally, we would have opened the door and said “not interested”. We didn’t that day. and who knows we may have just met a future member of a Service group. Ruth R



July Programme Meeting



The August Programme meeting had a mid-winter Christmas theme, and everyone wore a touch of red, green or gold, or sported Christmas earrings or a Christmas hat in keeping with the theme.

The tables looked inviting with Christmas centrepieces and serviettes.



Following some club announcements and a delicious meal, the invited speaker took the floor.

Our speaker this month was Sam McKenna, Manager of **Skills for Living**, formerly known as Super Grans. This organisation came to Levin in 1977 and has evolved into an organisation with many facets which meet needs in our community – the highly trained staff is supported by skilled people in the community.

Some of their work includes

- Incredible Years Parenting – a 14-week course for parents of children aged 3-8
- Teaching sewing skills so that garments can be mended/alterd
- Cooking groups for elderly men now living alone
- Cooking groups for young school leavers
- Providing supervised contact for separated parents
- Teaching positive parenting skills



- Working with refugee families, usually with a translator, as parenting in NZ can be very different from what was acceptable in their home countries.
- Running a baby and toddler programme with the Teen Parent unit

Their funding comes from contracts with the Ministry of Justice, the Ministry of Education, Oranga Tamariki and Te Whata Ora. In addition to these they apply for community grants and donations.

Ruth B thanked Sam and gave her a gift as a token of our appreciation.

CELEBRATING YEARS OF SERVICE

As part of the evening, Tui presented a service award to Shirley.

Congratulations to Shirley, who has been an active member of Altrusa for 10 years.



While waiting for dessert we attempted a Christmas quiz – we on a time limit and a couple of questions had every table stumped!!

Here they are - see how you get on if you were away that evening 😊

What does the Anagram **COORDINATES** spell out?

What does the Anagram **AGE ROUGHENED RIBS** spell out?

Hint :- both answers relate to Christmas.

After a decadent delicious dessert, we wrapped up warmly and went home after a very enjoyable evening.



Current Service activities-

He Whare Manaaki Tangata Teen Parent Unit –



From Service Committee

Christine and Jan J visited the He Whare Manaaki Tangata Teen Parent Unit this month. Wonderful reception from Fleur who showed them around their learning facility. Both parties are keen to involve our club and resume contact by helping in various ways. Examples suggested were helping with planter boxes, Artwork materials, reading to children.

Thanks to our members winter knitting, a box was donated containing 13 toddlers knitted woollen jerseys each labelled with "Made with love by Altrusa Levin", and a picture book in each bag. Some booties and wee hats too - opportune as three girls have new babies.



Below is a heartfelt letter of appreciation from the Administrator of He Whare Manaaki Tangata Teen Parent Unit.

It was lovely to have you both here.

I look forward to seeing much more of you.

I just had a look through the box of cardies/jumpers and the lovely little packs with the books as well. I love that, especially as you are the sponsors of our Literacy Award at the end of the year.

I really enjoy giving our Tamariki books from Duffy Books; I get to order them three times a year, and it is one of my favourite things to do. Needless to say, my granddaughter has hundreds of books!

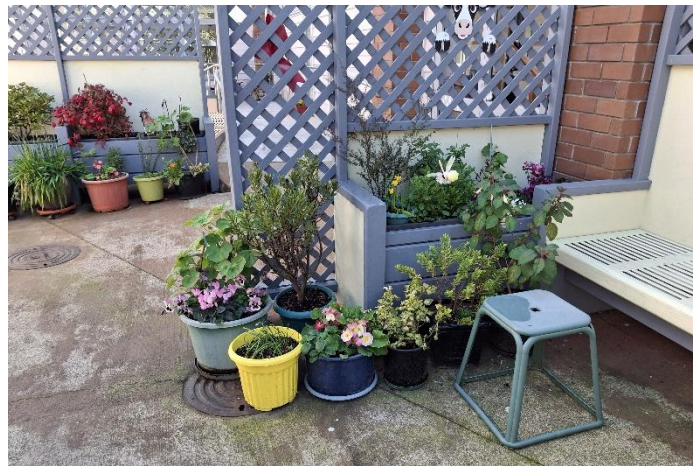
Nga Mihi, Fleur Harris, Administrator

Star 4 Courtyard Project

Pictures taken recently by an Altrusan quietly performing this service as part of the ongoing

monitoring of the revamped courtyard at Star 4, Horowhenua Health Centre.

Rostered Altrusans visit weekly to weed, sweep, water, tidy up, deadhead and keep it looking attractive for staff and patients. 😊



Soon, many of the pots will be full of spring flowers.

Some chairs in the courtyard are very dilapidated and probably unsafe and uncomfortable. Older skilled heads - and some brute force - working together - sure can achieve miracles!!!

The problem of how to refurbish the much-used outdoor STAR 4 seating has been tackled, and a refurbishment is underway.

Here is the first completed chair. 😊



Committee Corner –

Here's what the committees have been up to this past month.....

SERVICE

- Pie Run – support the idea if folk have eaten the last yummy lot
- Knitting for babies /toddlers - Jan J purchased wool
- Daffodil day roster to set up
- Distraction Packs – see what needed
- October Programme meeting – some initial planning

Hours

Altrusa 135

COMMUNICATIONS

- Committee to rotate the Chair position on a monthly basis
- Roster for monthly contribution to newsletter
- August Programme Meeting planned and speakers booked

Hours

Altrusa 22 Community 36

MEMBERSHIP

- Movie Fundraiser – agreed on details – will take proposal to the Board
- Pie Fundraiser – agreed to run this on behalf of the Club
- Finalised hosting of July Programme Meeting

Hours

Altrusa 10 Community 94.5

LITERACY

- Roles within the committee were allocated
- Make a Difference Day discussed
- Book review for Levin Link – roster set up
- September Programme meeting – planning begun
- Golden Books – possibly Disburse to schools/refugees

Hours

Altrusa 20.5 Community 35

Committees, Club President and Governor Elect reported a combined total of 222 Altrusa hours and 142 Community volunteer hours - what a difference we are hopefully making!



Remember this mind bender from the previous Levin Link?

So how did you get on??

A puzzle from Marie ...

FIGURE IT OUT

1. Q♂♂♂E2

2. ee e
iiii

3. HOROBOD

4. NE1410S

5. CONTRO

6. H₂OPS

Tell me how you do? (this editor has no idea)



Marie has provided the answers thank goodness -

1. Three men in a boat
2. Easy on the eye
3. Robin Hood
4. Anyone for tennis
5. Incomplete control
6. Water in beer



I'VE HEARD ABOUT THIS MY WHOLE LIFE



When I complained to Amazon about a missing parcel they asked me to send photographic evidence.





An insight into Governor Elect Training

Well ... it is now only 10 Months before I am Installed as Governor for District Fifteen.

Preparation has already been well underway, with monthly Zoom meetings, the Governor Elect manual, leadership books, and International and District bylaws and policies to work through. Just as well I enjoy reading, although some of it has been tough going.

I have recently returned from in-person training in Chicago, which was a valuable chance to get to know the other Governors Elect and realise I am not the only one feeling a little daunted. We presented our biennium themes, shared ideas to flesh out our drafts, and exchanged gifts. I took bookmarks with Māori motifs and NZ birds, along with Whittaker's



chocolate, and came home with a stained-glass woodpecker, a power bank, dominoes, coasters, chocolates, peanuts, pens, and more bookmarks. We were given pencil cases marked with our names and "Governor, 2027-2029", which made it all feel very real — no backing out now!!



We also met the International Board and toured the Chicago Office, just a short walk from the hotel.

The travel itself provided plenty of entertainment: advanced TSA screening in Auckland, a wrong-level shuttle hunt in LA, a Chicago check-in machine that refused to recognise my booking, and a suitcase that arrived zip-tied after a TSA search. It took another guest, armed with blunt scissors and better aim, to finally free it.

The hotel also tried to check me out a day early. When staff came to the meeting room asking who was in room 121, I apparently used my old work "not happy" tone, and the problem was quickly sorted.

It was a long way to go for just two days, but it was worth it. I came back energised and ready to keep building the team for my biennium. After a Saturday on the phone, I now have five definite yeses and four maybes — still a long way to go, but a very positive start - Denys

ALTRUSA INTERNATIONAL CLUB OF LEVIN INC (www.altrusa.org)

SUPPORT OUR CLUB MOVIE FUNDRAISER – Sunday afternoon 23rd August – showing at 3.30pm at Focal Point Theatre, Levin.

Tickets on sale **NOW**.

Enquiries and tickets available from ruthbinsted@hotmail.com

\$30 per ticket which includes a beverage. Come along with a friend or two (or three) and enjoy a fun afternoon.

All funds raised will be distributed to Levin Community services.



"**Spa Weekend**" follows four lifelong friends who, overwhelmed by careers, relationships, and daily responsibilities, decide to escape to a luxury spa retreat. What begins as a relaxing weekend quickly turns into a series of hilarious misadventures when their unpredictable friend joins, leading to chaos, laughter, and a few questionable decisions. The film explores friendship, self-care, and the comedic side of trying to unwind in a high-pressure world.

Cast

Anna Faris as Sophie

Isla Fisher as Mel

Leslie Mann as Jane

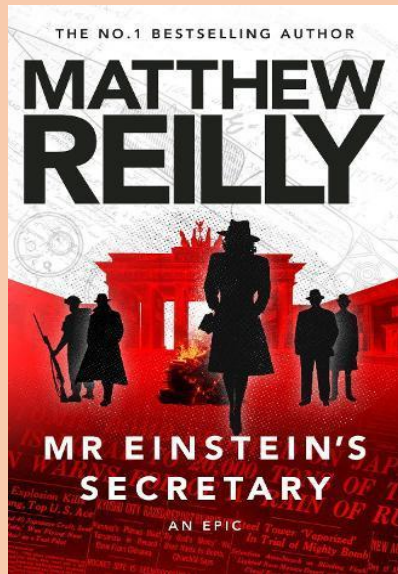
Michelle Buteau as Coco

Genre & Themes

Genre: Comedy, Buddy Comedy, Female Buddy Film

Themes: Friendship, self-care, humour in everyday chaos, vacation

Mr Einstein's Secretary by Matthew Reilly:



The story centres on Hanna Fischer, a brilliant young German girl growing up in early 20th-century Berlin. Gifted in physics, her childhood neighbour and mentor happens to be none other than Albert Einstein.

When tragedy and political upheaval upend her life in 1919, Hanna flees to New York, where she trains as a elite secretary—a role that grants her entry into executive boardrooms, criminal underworlds, and diplomatic circles (and a trip to the White House!).

Spanning 40 tumultuous years, Hanna's journey propels her through The Roaring Twenties & Prohibition in New York, The Wall Street Crash and corporate espionage, Undercover operations inside Nazi Germany, interacting with historical figures across Europe, and Working alongside Einstein as history's most dangerous secrets unfold.

With the usual flair of his books Matthew Reilly keeps you on your toes and transports you back in time to these great eras. The book feels like a fast-paced movie, with time jumps, double crosses and tight escapes that keep you turning the pages.

4/5 stars, it can be a bit confusing but overall is a very good read.

Thanks to Cushla for this review.

COMING

14	Aug	Apology or pay for Programme Meeting
17	Aug	Programme Meeting @ Western House
23	Aug	Movie fundraiser – The Spa Weekend
26	Aug	Board Meeting
27	Aug	Coffee Morning @ Masonic
28	Aug	Daffodil Day – rostered @ Levin Mall 9 - 3
02	Aug	Business Meeting @ Thompson House
Save the Date		
05	Sep	IFF Day in Levin – see below
Save the Date		
01	Nov	31 st Garden Ramble – Altrusa Te Awamutu



Area Two IFF Day 2026
Te Puna Whai Matauranga (HLC)
102 Liverpool St, Levin
Saturday, 5 September 2026
10am to 3pm (9.30 for coffee)
(Lunch provided)

This year's theme is *Weaving Threads Through Our Community* by providing

Information - from District, International, and our guest speaker(s)

Fun - participating in active workshops to help Levin's community

Fellowship- mixing and mingling with Altrusans from other clubs

The cost is \$30 with a \$10.00 discount for 1st time attendees.

There will be a raffle, \$2.00 per ticket or 3 for \$5.00 to purchase on the day,

Please register and pay via your club prior to cut off date of 24 August.

Further details such as what to bring, what to wear etc will be provided closer to the date.