



Altrusa International of Timaru

August 2026

Newsletter

President 2026 - 2027 Donna McColl

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Donna's Dialogue

Every now and then we get a reminder of who we are, where we are at, and a glimpse of what we are heading for.

This year has been a little jumbled with leadership roles changing, an alternative date for Changeover, absences for various reasons and a few other things in the background. Throughout it all, there has been a very strong presence of support and reliability coming from members - some more than others as they stepped into roles to fill a gap and keep our Club running. Thank you seems so small, but please let it carry the full weight of appreciation it is given in, as we move more confidently into our future.

IFF Day is coming up, and I would encourage you all to attend. It is quite nice to join members from neighbouring clubs to work together and feed our mutual passion for service.

We are a literacy based, service organisation and I love to see us continue our great work, with perhaps some new initiatives to grow the Altrusa name and help our community. Taking pride in what we can achieve is recognised at Conference when we apply for awards like the Mamie L. Bass (for hands on service to the community) and the Letha H. Brown for literacy. We often place highly for these awards - and sometimes win!

Let's get creative! More literacy. More hands-on service.
More fun - can't forget about that part!



Donna

Hands in
Harmony
Hearts in Action

The following is a *Mamie Moment* copied from the International Altrusan, June 2026, honouring our Founder Mamie L Bass -

New Fields Shall Open Unto Us "What we have already achieved is magnificent. But Altrusa is not static. It is dynamic. New fields shall be open unto us and we will achieve new goals of helpfulness. In the past, in the present and in the future the strength of Altrusa is in the individual member—her vision, her character, her kindness and her desire for service, and always her power to add to the happiness of those about her. So it is to you, each of you, to build for Altrusa and for your own happiness. Altrusans of the present and the future I salute you and pledge anew my devotion and understanding."

Mamie Luella Bass
International Altrusan April 1956 page 4

Except for last sentence, this message is on her tomb stone

Wishes for Dishes!

Have you ever wanted to ask an Altrusan for the recipe of a tasty dish?

Have you ever wanted to share a favourite dish?

Well, now's your chance as requests will be followed up, and contributions printed!

The recipes in this issue were both recommended to your Editor and it's hoped you enjoy one or both of these winter treats.....

Pumpkin Soup - *Contributed by Sally Marsh*

- | | |
|------------------------------|-----------------------|
| 1 large onion, chopped | 1 tbsp butter |
| ½ pumpkin (peeled and diced) | 2 potatoes (diced) |
| 2 cups water | 1 chicken stock cube |
| 1 pinch ground ginger | 1 pinch ground nutmeg |
| Salt & pepper to taste | 2 cups milk |

In large saucepan cook onion in butter.

Add pumpkin, potatoes, water, ginger and nutmeg.

Season with salt and pepper.

Cook until pumpkin and potatoes are tender (approx 25 mins).

Add milk, blend until smooth.

NB: kumara can be used instead of potatoes

The bigger the pumpkin the thicker and tastier it is



Thai Pumpkin and Kumara Soup - *Contributed by Jenny Bevin*

- | | |
|-----------------------------|-----------------------------|
| 1 large onion chopped | 1 tsp red curry paste |
| 2 C chicken stock | 300 g chopped pumpkin |
| 300 g chopped orange kumara | ¾ - 1 C light coconut cream |
| Salt and pepper to taste | |

Sauté onion in a little oil and then add all other ingredients **except the coconut cream**

Cook all until tender. Puree using a whizz or stick. Re heat with the coconut cream and serve.

Notes: I often use all pumpkin and increase quantities to 1kg eg 500g pumpkin/500 kumara

Adjust curry paste to your taste buds – I use more than 1 tsp.

Altrusans' Activities

Fabric & Craft Fair - Sunday 17 May

The 2026 Fabric & Craft Fair was held at West End Hall. Prior to the event fabric had been collected, sorted and priced for the sale. Once again, the community was generous donating fabric, wool and other items.

The hall was set up on Saturday. The start time was 10 am and a long line had formed by 9:30 am. There was a great deal of fabric, wool, puzzles and other items bought. A good indication of sales was the number of empty boxes left at the end. The raffle was well supported and a winner selected at the end of the day. An Eftpos machine was used this year which was helpful in the checkout area.



The income taken in on the day was \$6,637.26 with additional sales on Market Place.

Less expenses, the profit from the Fabric & Craft Fair was approximately \$5,986.87.

\$4,000.00 of the profits was donated to the South Canterbury Cancer Society which was presented at our July meeting. Tracey & Sonia spoke to us about their work and on how the funds would be used in our local community.



This event involved many Altrusa members measuring, pricing, shifting fabric, wool, haberdashery, bric a brac and puzzles to the venue. The fair went well on Sunday with a large number of Altrusans helping with sales and packing up at the end of the day.

Swimming Lesson Scholarships 2026

A group of enthusiastic Altrusans set time aside to organize swimming lessons for 10 Students with a budget of \$1840.00

It was decided to approach Grandparents looking after Grandchildren and we made contact with Liz Munro who found us 12 students (6 Females and 6 males) aged between 5 and 15 years old. And from across our local communities being from Pleasant Point, Fairview, Temuka, Waimate, Salisbury and Timaru.

In February we had a quiz night at The Sail with Karen McClintock organizing with her small team. \$1370 was raised, \$820 from the quiz and \$550 from the raffles.

Bags were purchased and with help from Timaru District Council CBay we supplied 12 students with 10 weekly lessons in Term 2, and gave



The Students commented - *'Thanking you for the gift bag. I love swimming'*

'I have enjoyed the swimming lessons and the lovely gift bag. I wish to thank you very much and to make it easier for my mum and Nana. Thanks so much'
Thank you very much for the gift bag and for the swimming lessons. I am enjoying it and learning lots and having heaps of fun.'

Gillian Allan



Do you have old necklaces lying around in drawers that have been loved but are no longer your jewellery of choice?

We are collecting up any preloved jewellery to donate to Canbead so bring to our meetings as there is a bag at the meeting room where they can be left. In due course the bag will find its way to the Cancer rooms in Memorial Ave.

CanBead is a non-profit charity based in New Zealand offering free creative therapy workshops for individuals who are experiencing illness, trauma and loss. The workshops focus on beading, where preloved beads can be brought back to life. Beads are sourced from personal and business contributions thus diverting these from landfill.

Learn more - [CanBead | Creative Therapy Charity New Zealand | New Zealand](https://www.canbead.org.nz/)

Pack a Pencil Case Project -

700 pencil cases made since we began - what an achievement!

What better way to spend some Saturday morning hours than working together to make a difference in your community?

A very big thank you to everyone who came to the Pencil Case sewing bee on July 18 armed with various pieces of equipment to get the job done! There was great satisfaction counting up the finished pencil cases!

Your contribution to the project is immense and much appreciated as we strive to place literacy tools into our local schools.

The zip ladies - May, Karen L, Raewyn P, Karena and Lorraine - by having this done allows us to have a 2-hour sewing bee on the day. Glenda, who always beavers away at cutting out and matching in preparation for sewing in the zips which too is a tremendous help.

Carol and Glenda supplied us with a yummy morning tea and Robyn made a great hostess. We all appreciated that refreshment.

Those of you who cut out labels, punched holes, snipped threads, turned through, pressed and finally labelled the pencil cases, please know that these tasks are just as Important as the sewing and overlocking.

Many hands make light work. Working together as a team achieves more, there was much chatter and this builds a community within our club.

Placing literacy tools into our local schools is to the forefront of our thinking and our aim, as another batch of 100 pretty and colourful pencil cases were completed by Altrusans, plus Ruth from the Geraldine Patchwork & Craft Group.

These will be filled with stationery items before being distributed to local schools in time for the start of the 2027 school year.

Supporting students with their learning, one pencil case at a time.

Jenny Bevin



An Altrusan Inspiration - An extract from the Inspiration at our August meeting given by May Mason

An Altruistic act is a selfless act that results from an impulse of solidarity and benevolence. It is the reflection of the inherent goodness that resides in all of us.

Connecting with others' needs globally can sometimes carry a risk of being overwhelmed by those needs. For this reason knowing our limits in order to preserve ourselves, yet continuing to help others is essential. We must remember that balance between taking care of ourselves and others is essential to maintaining an altruistic state of mind.

To respond to too many requests, to commit to too many projects, to want to help everyone with everything is to succumb to an abuse of our own time.

However, connecting with needs in our own community is in itself altruistic and we can experience a rush of emotion or eagerness to alleviate the need, but once again each of us must respect our limits to avoid an imbalance in our lives.

Onwards and upwards Altrusans!

Have you visited our District Fifteen Website recently?

It's definitely a month or 3 since I had and I was very pleasantly surprised to see the freshly designed Homepage.

I have copied one of the images to show you - note the clever incorporation of Governor Margaret's Biennium theme -



I'd encourage you to have a look for yourselves!

Editor



Committee Reports

Literacy Committee

Just a small update from the literacy committee.

We are busy organizing Baby bags for Mums and newborn babies born in September, with a lovely decorated bag containing some interesting goodies - chocolate, coffee, pen, soap and more. Plus a Spot The Dog book in some bags!

We are including beanies made by our Altrusa ladies and friends of Altrusa.

From the Literacy Committee Chair

Gillian Allan



Membership Committee –

October programme meeting – plan is to meet at the Ashbury Croquet Club to play croquet.

March programme meeting – yet to be decided

Discussions have been held on how to recruit new members. Suggestions have been to have a 'Bring A Friend' night, a display in library, a special event such as an Afternoon/Morning Tea, an evening meeting with a special speaker – open to all?

Cathie Weith

Communications Committee

Our committee has been busy with an update of our Club publicity material.

Brochures have been reformatted to include colour photos and with fewer words for ease of reading. These were used for the first time at the Temuka Mobility Expo.

Sticky labels are being printed in 2 sizes, a small oval shape and a larger rounded corner rectangle.

New double sided business cards with a dark blue background and white writing are also ordered.

And there is a dedicated space at the bottom of each card for members write their own contact phone number, and name if wished.

And the final item is to be a pavement board standing about 70cm high to be used for example, beside the stall planned for the Farmers Market, or when raffle selling.

The Altrusa logo will of course be on all of these items.



Jenette Borrell

Service Committee

Pots, Paint & Plants

At our July program meeting, eighteen members arrived to paper covered tables arranged with four at each table.



Each table had paint brushes, paint and pots ready to be painted and sold at a garden stall the Service Committee are planning for November.

Thanks to all for contributing to an enjoyable evening painting and catching up with each other and taking home a pot or two to plant and care for.

Evelyn Robinson & Maureen Skinner

Counting the Service Hours

For your information we repeat here the advice from International and Governor Margaret about how to record service hours from now on -

All service hours are now counted in one combined category

- including Club service projects, fundraisers, and time given to Clubs and Districts as an Officer or Chair
- planning and working on Altrusa projects
- and Volunteering in your community. Note that these hours are only counted when wearing your Altrusa pin or Altrusa apparel such as aprons, tee shirts.... which has been adopted by your club or District
- volunteering with your Club banner/s clearly displayed is also acceptable

Why is it important to record our service hours -

This is one way of documenting Altrusa's impact in our Communities. Our collective Altrusa service hours demonstrate the real-world difference we make to our members, to our supporters and to the world at large.

Birthdays to Note

September

9th - Karen Liddy

13th - Glenda Galletly

14th - Irene Shearer

18th - Judith Johnson

29th - Lorraine Watkins

October

27th - Robyn Brien

November

23rd - Jenny Bevin



Secret Buddy Messages

*Thank you to my secret buddy for the lovely birthday and Easter gifts.
Much appreciated.*

Sally

Thank you to my secret buddy for the pot plant and lovely card sent to me after my surgery.

Nola

Dates to Remember

Please also refer to our Timaru Planning Calendar which is updated monthly for a complete list -

September

12th - IFF Day in Ashburton

November

28th - Pots & Plant sale, Farmers Market

October

24th - Make a Difference Day

December

8th - Christmas Social Function

Altrusa International of Timaru Board 2026 to 2027

President: Donna McColl email: president.timaru@altrusa.org.nz

Secretary: Raewyn Hutton email: secretary.timaru@altrusa.org.nz

Treasurer: Joan Watson email: treasurer.timaru@altrusa.org.nz

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