

From the President ... aka Ruth's Ramble



Its Spring !

We may still experience some very cool days, but what can we do about it? Nothing!

This month I use inspiration from a Membership Moment that Maureen shared some time ago – it has made me smile lots! Since Maureen shared the membership moment I have seen many variances of it! Do you remember the person who was asked what was for dinner/tea and the reply they received was “Nothing”. When challenged that the same meal had been prepared the previous day, the

response was “I made enough yesterday for today”

So I have “nothing” to write about! Since Jackie reminded me while I was sitting in a Doctor’s Waiting room, through the next day and a trip to Crest Hospital and lots of other places, still “nothing”.

By the end of today our IFF day may have brought a change in my “nothingness”.

There is nothing wrong with doing nothing, except if we all do nothing we have nothing! However I hope nothing sad or bad happens to you and those important people around you and next month I will have something to write about .

Cheers
Ruth



August Programme Meeting

The August Programme meeting fell on a very cold evening. There were many apologies due to illness. Some others were absent for happier reasons such as travel.

The tables were adorned with daffodils – the beautiful harbingers of spring and warmer weather.



Trish was our emcee for the evening and welcomed visitors and the guest speakers. Following club notices and Grace, we all enjoyed a tasty main course that we didn't have to plan, cook, or clean up after from!! Always a treat 😊

Then Helen introduced the guest speakers, Dorothy and Dennis Gibbs.



They shared photos of a recent trip to Saudi Arabia, where one of their daughters lives with her family. This is not a place that any of us had travelled to, and the photos gave stunning views of the majestic mountains, the amazing roading network, the intricate “new” fretwork additions that have been built on to ancient existing dwellings..... the “new” part was added in the 12th century! This just demonstrated how steeped in history and antiquity this part of the world is.

Their family live in a huge compound, where every sumptuous house is identical. There is no dress code within the

boundary. There is a beach as part of the area and bikini clad expats relax next to families who are wearing the hijab. However, they always dress modestly upon leaving the compound.

A delightful highlight for Dorothy and Denis was meeting Lydia Ko who happened to be in a golf tournament nearby. She gave them some signed golf balls.

Jill thanked the Gibbs for sharing their experiences with us, and presented them with a beautiful home baked cake as a gesture of appreciation.



CELEBRATING YEARS OF SERVICE

As part of the Programme evening, Marie presented Jackie with a service award.

Congratulations to Jackie, who has been an active member of Altrusa for 15 years.



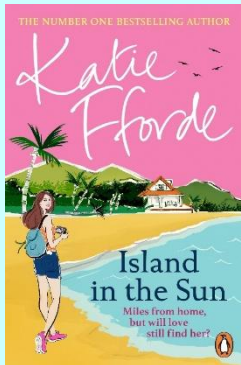
At a Business Meeting, President Ruth presented Diane C with her

35-year service award

Big congratulations, Diane – that is a great milestone and represents many hours of involvement 😊



Island in the Sun by Katie Fforde – reviewed by Cushla



Known for her English-countryside romances, Katie Fforde takes a step away from her classic Cotswold setting, and transports readers from a rugged Scottish isle straight to the vibrant, tropical shores of Dominica. Cass finds herself at a crossroads after a breakup and heads to her father's home in Scotland to reset. Her famous photographer father presents her with a unique quest: travel to the Caribbean island of Dominica to locate and photograph a rare stone carving using an old map. The goal is to help a local project win a vital competition.

She isn't traveling alone. Accompanying her is Ranulph, a handsome, well-travelled journalist and friend of her father, who immediately catches her eye. Upon arriving, Cass and Ranulph discover that Dominica has just been struck by a severe hurricane. Instead of a relaxing tropical assignment, the pair are thrown into local relief efforts.

Between managing hurricane cleanup, dodging a treacherous rival named Austin who wants to steal the stone carving discovery, and tackling her growing feelings for Ranulph, Cass is forced out of her comfort zone. 3.5 / 5 Stars A light, feel good story.

IMPRESSIONS of a first-timer's attendance at an IFF Day...

from Christine L.

I had no idea what an IFF Day was about, but by the end of the day I had experienced the meaning of "Information, Fun & Friendship".

It was lovely to meet members from other Clubs in our District and hear about their projects.

Some of the new project ideas were:

A Long Lunch fundraiser

Creating a library at the Teen Parent Unit at the local High School

Fun, Frocks and Frivolity fundraiser

Twiddle Muffs for those with dementia

Two interesting statistics I noted were that Altrusans had contributed 26,353 service hours for 2025/26 and 6,376 books were distributed.



The guest speaker was Brendan Duffy, Chair of the Palmerston North Hospital Foundation.

He gave a very interesting presentation about fundraising for a surgical robot. Palmerston North Hospital will be the second Hospital in NZ (after Auckland) to have a robot. Thanks to the generosity of local families, businesses, grants, community events and fundraising, the \$2.5 million needed was raised in just 6 months.

Brendan also spoke about fundraising \$700,000 for a dedicated Children's Emergency Department. This offers a calm, child-friendly space separate from the main ED.

The use of both great facilities will be dependent on staff being available. After a tasty lunch (Could that make it an IFFFday?) we tried our hands at building a structure out of cards. Cub Leader Sue said that Cubs can do that very well. Not so easy for 'Olden Girls'!!!

We had more success making floral displays using bamboo, wire mesh, greenery and flowers. I would like to see the Cubs try that!!

I will be arranging mine into a Christmas theme in few months' time.

I headed home feeling that I had had a very enjoyable and educational first IFF Day.

Thank you, Denys (District Fifteen Governor Elect)



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Committee Corner –

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

SERVICE

- Liaised with He Whare Manaaki Tangata – Teen Parent Unit
- Delivered 13 knitted toddlers jerseys plus a picture book
- Booties and wee hats for the newborn
- Discussed further ways to support

Hours

Altrusa 68

Community 76

COMMUNICATIONS

- Hosted August Programme Meeting
- Supported daffodil day collection and movie fundraiser
- Levin Link August Issue
- Sent Club contribution to DSB

Hours

Altrusa 81

Community 19

MEMBERSHIP

- Movie Fundraiser – progress to date
- IFF Day - activity idea to assist Age on the Go event
- Age on the Go – seek a club raffle
- Follow up new members
- Finalised application for prospective new member

Hours

Altrusa 24 Community 101.5

LITERACY

- Discussed focus for Make a Difference Day
- Books purchased for new babies
- Discussed disbursement of remaining Golden Books and 2nd hand ones.
- Suggested Thank You cards be printed to give to significant donors.

Hours

Altrusa 16.5

Community 41.5

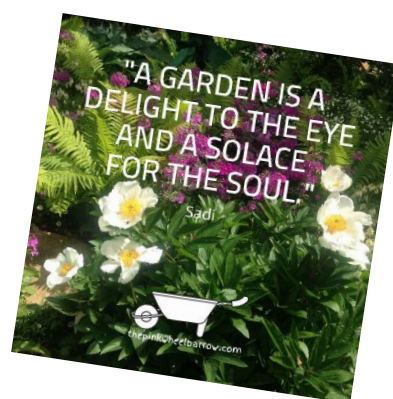
Committees reported a combined total of 189.5 Altrusa hours and 238 Community volunteer hours - what a difference we are hopefully making 😊



Some recent pictures of the Star 4 courtyard which is now welcoming visitors with a spring display 😊



Huge thanks to the dedicated Altrusans and their partners who quietly go each week to tidy, weed, water, refresh, mend, paint, plant to keep the area looking so good 😊



....and now a treat for the taste buds

Chicken Bake – never fail recipe form Trish

Ingredients

- 2kg pack of chicken pieces
- 2 cups apple & orange juice
- 3 tablespoons soy sauce
- 2-3 cloves garlic, sliced
- 1 packet Maggi Onion Soup
- 1 Packet Maggi Cream of Chicken soup

Lay chicken pieces, best side down, in a single layer in a baking dish

Mix all other ingredients together, making sure that all from the soup have been mixed in well.

Pour over chicken pieces.

Cover dish with foil or a lid and bake for 1 hr 180 C

Remove foil or lid, turn chicken pieces, cook for further hour without cover.

Cook for further ½ hour without a cover.

To serve – place chicken pieces on serving dish; remove fat from juices ; pour remainder over chicken; sprinkle with chopped parsley.



lumps

COMING

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|---------------|-----|---|
| 10 | Sep | Pay for Combined Service Clubs Meeting |
| 15 | Sep | Combined Service Clubs Meeting @ Western House |
| 20 | Sep | Agenda items to Board Secretary |
| 23 | Sep | Board Meeting |
| 25 | Sep | Coffee Morning @ Masonic |
| 07 | Oct | Business Meeting @ Thompson House |
| Save the Date | | |
| 01 | Nov | 31 st Garden Ramble – Altrusa Te Awamutu |



Some photos from The IFF day in Levin, attended by Hawera, Ohariu, Levin .. and a stray from Te Awamutu 😊

