

JUNE 2025

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"SUPPORTING WOMEN, CHILDREN AND LITERACY"

Happy Birthday to Us!



Recently we had two celebrations. The first was celebrating our 73rd birthday. Janice baked homemade cupcakes for everyone. An assortment of chocolate and vanilla cupcakes was presented. Delicious!

Our second celebration was for these four beauties. Collectively, they have contributed 45 years of their hearts to Altrusa. Vicki (20 yrs), Val (10 yrs), Verena (5 yrs) and Vivien (10yrs) each received a potted rose to congratulate and thank them for their years of service to Altrusa. We can't exist to do the work we do in our community without them. Each of our members is an integral part of a well-run machine.



***BLAST* from the past!**



This photo from the archives is from our 55th birthday party. I only recognise some of the faces.
What a lovely group photo.

Nanaimo Women Helping Women (NWHW)



In April, Val, Cheryl, Carol and Penny supported NWHW at a fundraiser at the Lantzville Pub. Altrusans always want to help our community in any way we can. This very worthwhile group raised \$5,620. Congratulations on a successful event.

Almond Wedge



- 1 egg
- 1 cup AP flour
- 1 cup white sugar
- 2 ½ tsp almond extract
- ½ cup margarine, melted
- 1/3 cup sliced almonds

Beat egg till fluffy. Add sugar and continue beating till blended. Slowly mix in the flour (in small amounts), by hand, to form a smooth batter.

Pour and spread into an 8" round pan lined with parchment paper. Sprinkle sliced almonds over the top.

Bake 30 minutes or until lightly browned
Make 18-24 slices.

Recipe is compliments of Bobbie

Haven



Cheryl answered the call with a few supplies for Haven. The donations consisted of bedside lamps, baby monitors & mattress pads. Also showing is a bread maker & Instant Pot from her own kitchen.

Baby Bundles



Once again we were able to create Baby Bundles for the Nanaimo Regional General Hospital. A group of dedicated ladies went to Verena's home and created 21 bags of necessary items for newborn babies from our region. This was all orchestrated by Verena who wrangled people, shopping, ordering and packaging. Each bundle included blankies or quilt, facecloths, undershirts, onesies, wipes, diapers, a board book and a toy. Shoulder burp pads and breast pads, made by our members, were also included. Out of approximately 1200 babies born at this hospital, about 25% the mothers are in need. We are happy to provide such an important resource for these new citizens.

*Not everything that is faced can be changed,
but nothing can be changed until it is faced.*

James Baldwin.



Louise Sosa- Aldea Maya

Once again Louise joined us and spoke of the progress they have made in Guatemala, specifically in the Mayan village of Chuk Muk. She gave us an animated talk of the successes she has by assisting young people to achieve their goals and aspirations. She is shown here with earrings that were made by the locals there. All to benefit the children to continue their schooling.

Beach Estates Park

Vicki and Cheryl worked hard to create a lovely garden of begonias at this park. 5 flats of flowers! We do this project every year. The end result is a colourful corner that is enjoyed by many. Thank you ladies.



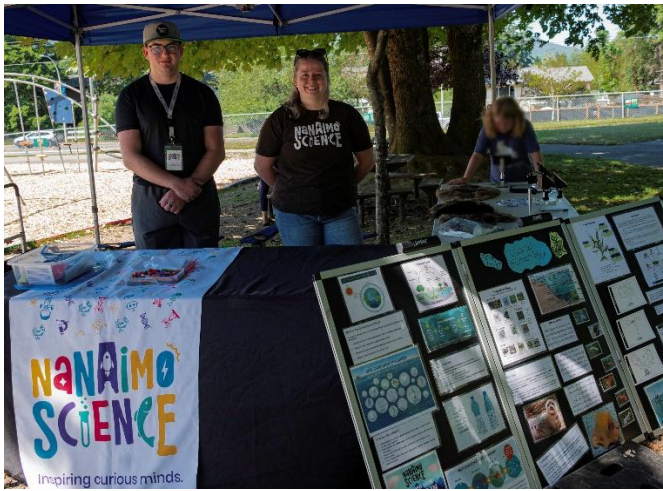
Cedar Woman House

Cheryl got the call and answered the request for some items that they needed. Diapers, Baby wipes and baby wash was delivered to help them out. We're happy to help.

Nothing is impossible, the word itself says *I'm Possible!*

Audrey Hepburn.

STORYWALK®



On June 7th, our Altrusa Club along with Parks and Rec of Nanaimo provided **STORYWALK®** at the Altrusa Park. Over 40 children read the book "Nature is an Artist" which was displayed along the fence in the park. Altrusa gave each child a free book written by a Canadian author, a yearly subscription to popular children's magazines, a rock from Mexico and a magnifying glass as well as a drink and protein bar. The children also made a headband using their own imaginations to decorate it. The children enjoyed a display by Nanaimo Science and they got to touch a beaver and raccoon pelt and a bit of bear fur. It was wonderful to see all the happy smiles of the children and the parents. It was an amazing day and fun was had by all including our team of Altrusa volunteers. Special thanks to all involved and to Pat F for organizing another successful day for the children.

Nanaimo Foundation Luncheon at the Grand Hotel



Altrusa was recognized as a recipient of a \$4000 Prosperity Grant of from Nanaimo Foundation. We used these funds towards our Baby Bundles project. The Grand Hotel served a lovely lunch that Janice and Verena enjoyed while listening to other invited recipients and donors speak. While there, they set up a table representing our Baby Bundle project, so we could show everyone what we include in our Bundle as well as explain the great need for them and the success we've had providing them to the hospital maternity ward here in Nanaimo.

Weed Wenches were back on the job!



We were back at it, cleaning up the ground for little ones and parents alike. The Serenity garden has a particular calming effect for the moms needing a peaceful respite. Thanks to Roberta for wrangling the crew. Included is Catherina, Bobbie, Susan, Jan W1, Roberta and Jan W2. Of course we can't forget Kent who kindly took away all of the waste and weeds. Thank you all.

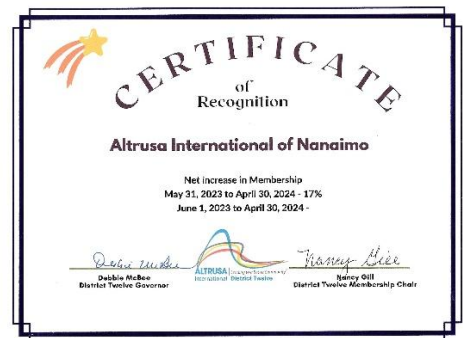
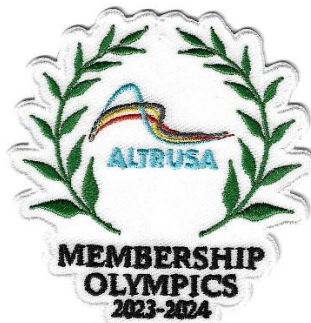
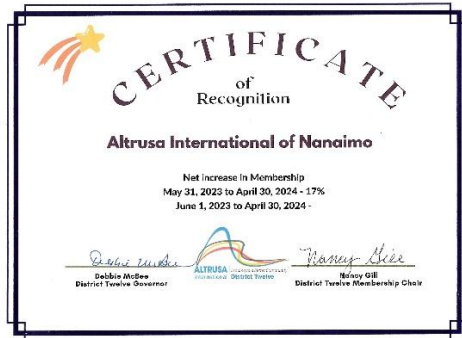
Donation to Nanaimo Youth Services Association (NYSA)

Jan W1, presented Berani Fielding, NYSA's Director of Communications & Fundraising, with a cheque of \$800. Thank you to the Province of BC and their Community Gaming Grant that allowed us to make this ever-important donation. This facilitates them to improve the housing conditions for four incredible young moms living in their supportive housing units, making them a safer more comfortable place to grow learn, and raise their children.



Membership Olympics

We participated in the Membership Olympics that was implemented by our District 12 Governor Debbie McBee. We did alright! New members include Olivia, Catherina and Olivia. Welcome!



Forward Planning



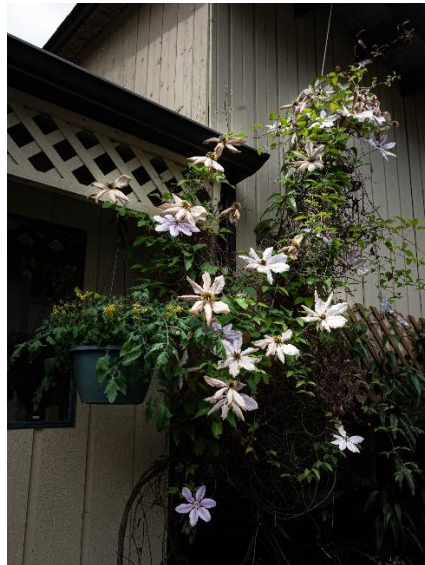
For our final lunch of the year, Michael Baxter from CIBC Wood Gundy joined us and spoke about planning your Will, Executors and Power of Attorneys. It appeared to be a very well received topic of discussion with lots of questions asked and answered. Handouts are still available if you want them. Just contact Holly.

10th Annual Garden Tour

We held our annual Garden Tour on June 22, one of our main annual fundraisers. It was a perfect day to see all the gardens in our city. A little cloudy but not hot and no rain. Once again it was extremely well organized by Roberta and her team. It was a huge success. An additional \$655 was raised through the sale of Nurture Nature items we bought with the City of Nanaimo's environmental grant. Just a few items are left and, like last year, they were available for Altrusans to buy. At another garden we had set up a display of our Baby Bundles project. Our donation jar there collected \$170! Almost enough for another "bundle". All in all, a very successful day.

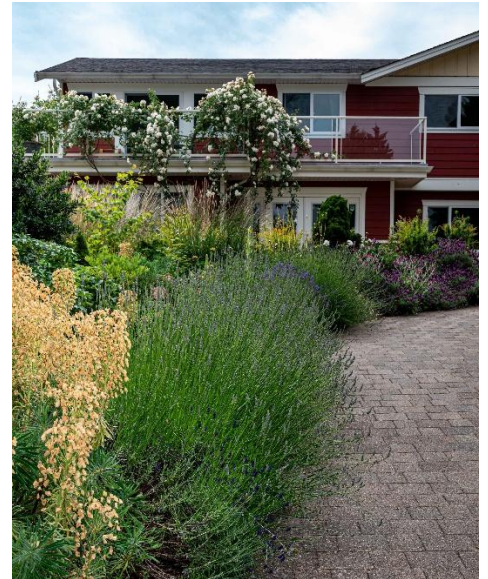
The Dams Garden

This large garden runs down to the cliff looking out over the Georgia Strait. You will first pass through to over-wintering brassicas. There are over twenty different fruit trees along with several types of berries, including strawberries and gooseberries. Facing the ocean is another large area given over mainly to beds of bulbs, roses, dahlias, perennials and bedding plants. The Regional District had their "Team WaterSmart" booth here displaying water-saving tips and information on constructing a rain garden.



Pugh Garden

Deborah's double-lot front garden is full of perennial grasses, shrubs and flowers, inspired by her commitment to growing for pollinators year-round. It is beautifully designed and deer-resistant, you'll find plenty of ideas for the home gardener on how to keep pollinators happy. In the more traditional lush back garden, you will find fruit trees, raised veggie beds, dahlias, roses, lilies and a wide variety of shrubs and perennials. Master Gardeners were present to answer questions.



The Pack Garden

“Packs Paradise” consists of a woodland walk on half an acre combining a mixture of West Coast and Cottage garden plants, shrubs and trees. The main garden has a creek and pond which brings a wide variety of birds and other wildlife to the garden including lizards, Garter and Sharp-tailed snakes, dragon flies and a variety of bees and other insects. Mainly native species along with bird feeders and baths were available for purchase.



The Neufeld Garden

The front garden is beautifully designed as an urban meadow with various deer-resistant and pollinator friendly plantings of trees, bushes and perennials. The back, which is partly shaded holds many native plants as well as hostas and daylilies, where they're protected from the deer. It is a quiet oasis full of bird houses and feeders. One of Altrusa's community projects, Baby Bundles, was on display. Also on display was a posterboard of before and after pictures of the garden from when they started, showing the transformation from a grass lawn in 2019 to now.



The Funk Garden

The front is beautiful with lots of lavender, yarrow and other deer-resistant plants, bushes and small trees. The back is stunning! Allison developed what was a very steep rocky hill covered in blackberries into a terraced garden with masses of perennials and glowing bushes. The whole thing can be easily viewed without climbing the hill.



The Turner Garden

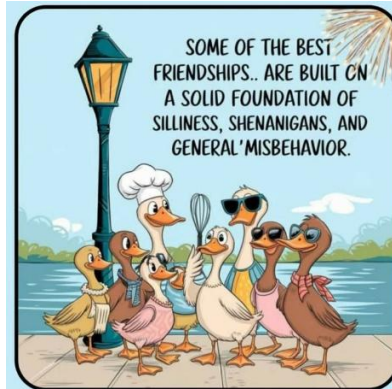
“Joy Acres” is more than just a garden; it’s the realization of Elizabeth’s dream to farm with purpose and passion. Over the past decade, she’s used “No Dig” gardening techniques that help her tackle the island’s wet climate. Her focus is on building healthy soil, mastering composting, and growing fresh, vibrant vegetables. She also keeps bees which help with pollination.

Locally made garden furniture was on display.



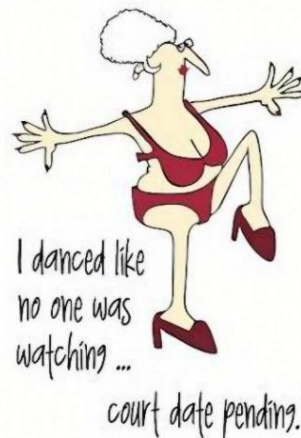
Funnies

I remember when I was young and anxiously awaited the weekend newspaper that had the comics and the “funnies”,(at least that’s what we called them), like Peanuts, Dennis the Menace and Beetle Bailey, in **colour**! Below, they are a little more mature in nature than what we used to look forward to but I’ve added a few that made me chuckle or smile, as well as words of truth and wisdom. I hope some of them make you smile as they did for me.



**I don't get
nearly enough
credit in life for
the things
I manage not
to say.**

— meg rosoff



Knobstacle

a person who consistently gets in the way, either through incompetence, arrogance, or unhelpful behavior—and makes situations more difficult than they need to be.

And other thoughts...

No one told me that once I get older, the weather app will become a part of my routine.

Sometimes I read a text and think, what a psycho.

Then I press send.

CALENDAR

July

- Submit BC Societies Annual Report
- Social get-together for present and past members as well as friends of Altrusa

August

- Treasurer – submits previous year's Gaming Report by Aug 31 and works on next year's Gaming Application by Nov 30th.
- Pot Luck Picnic Lunch at Pat W garden

September

Review Bylaws
Grant Application
Member Retreat

ON-GOING

- Library Book delivery, Haven weeding & garden care, care bags, new member initiations, speakers, newsletter submissions, fundraisers, Altrusa planter, social media coverage.



Olivia	Aug 12
Shirley	Aug 22
Janice G	Sept 14
ZoeAnn	Sept 15
Bobbie	Sept 16
Catharina	Sept 18
Cheryl	Sept 19
Jan W2	Sept 26

MONTHLY MEETINGS

BOARD MEETINGS

1st Tuesday 1:00 pm
Held at a member's home.
Commencing Sept 2025

BUSINESS MEETINGS

2nd Tuesday 6:30 pm
Nanaimo Seniors Village
6089 Uplands Drive
Commencing Sept 2025

LUNCH SOCIAL

4th Tuesday 12:00 pm
Montana's
Commencing Sept 2025



Board of Directors 2025 – 2026

President :	Trudi
Vice President:	Rosanna
Treasurer:	Carol
Secretary:	Cheryl
Directors:	Roberta
	Bobbie
	Zoe Ann
Past President:	Vicki

Thank you to all contributors and photographers.

We gratefully acknowledge the financial assistance of the Province of British Columbia

Grateful to live, work and enjoy the unceded territories of the Snuneymuxw,
Snaw-naw-as, and Stzuminus peoples.

Until next time, be well, stay well.