



# Ocean Breeze

Altrusa of San Luis Obispo County

October 2024

## Altrusa International of San Luis Obispo County

### President

Beth Lorenzo

### Vice President

Becky Lorenzo

### Co-Secretaries

Cici Wynn

Debbie Volz

### Treasurer

Raine Ross

### Director

Alana Reynolds

### Newsletter

#### Editor

Beth Lorenzo

Meetings 2nd Tuesdays  
of each month  
Social at 5:00  
Meeting at 5:30

Altrusa International of  
San Luis Obispo County,  
Inc.

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Like us on Facebook  
Altrusa of San Luis Obispo  
County

### President's Message:

Autumn has arrived; such a beautiful time of year. There is so much to do. Apple picking & sampling cider, corn maze fun, tons of Halloween costumes and candy on the shelves, and pumpkin patches, along with everything pumpkin flavored: coffee, donuts, cookies. Even though the nights are getting cooler, it is still a wonderful time to go outside and enjoy the warmth of the sun.

Our Service and Literacy Committees have been busy organizing several events coming up in October. We will be volunteering at 5CHC's 'Empty Bowls' fundraiser to benefit families who are homeless. Also, helping out Grover Beach Library at their final Book Sale of the year. We will be giving out bilingual books and cookies to children at Oceano Library's Anniversary Party. Our Communication Committee continues to share about Who We Are and What We Do for our local community through our email marketing campaign. We also continue to prepare for our annual Fundraiser, Celebration of Trees, scheduled for Saturday, November 16th at the South County Regional Center in Arroyo Grande.

You, our Altrusa family, do make a difference every day. You not only volunteer for Altrusa's community service and literacy projects, you also belong to many other community organizations. You fill your weekdays, evenings, and weekends advocating for the homeless, people in shelters, food banks, veterans, and helping anyone who may need assistance, friend or stranger. YOU MAKE A DIFFERENCE.

With Thanks, *Beth*



*Great opportunities to help  
others seldom come, but  
small ones surround  
us every day.*

Sally Koch - Author





- October 5** Fashions For A Purpose Fundraiser  
Dana Adobe, Nipomo 9am
- October 10** 5CHC Empty Bowls Fundraiser  
St. Patrick's AG 11am -1pm
- October 12** Grover Beach Community Library's  
Book Sale 9am
- October 19** Oceano Library's One-Year  
Anniversary Party
- October 26** Make A Difference Day TBA
- November 2** Honor Flight Fundraiser 1-4pm

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Mark Your Calendar  
Club Storage Unit Clean-Up  
Party - TBA

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## MEMBER MEETINGS

### October 8 - 5:30pm (5:00pm Social)

Club Business Meeting  
Mountain Mike's Pizza Pismo Beach

### October 15 - 5:30pm

Celebration of Trees Meeting  
Coffee Bean Pismo Beach

### October 22, 29 - 5:30pm

Celebration of Trees Meeting  
Coffee Bean Pismo Beach

### November 6 - 1:00pm

SA Assembling Party/Potluck@Judy S. home



## Birthday Wishes

- Oct 7** Emily Fast  
**Oct 20** Terry McDonald  
**Oct 21** Carole Word  
**Oct 27** Melissa Gozukizil

## Altrusa Accent at Upcoming Meetings

- |             |                |
|-------------|----------------|
| October 8   | Jo-Anne Zubiri |
| November 12 | Raine Ross     |
| January 14  | Robin White    |
| February 11 | Carole Word    |
| March 11    | Debbie Volz    |
| April 8     | Koni Shaff     |
| May 13      | Cici Wynn      |

NOTE: If the scheduled member is unable to present, please create your accent and ask someone else to read it at the meeting or swap dates.

## 10 Characteristics of Being an INSPIRATION

1. You seek inspirational people to inspire **YOURSELF**.
2. You are a leader of **LOVE**. Touching the hearts of others becomes second nature.
3. You understand + **EXPLORE** the lives of others.
4. You are **PASSIONATE** about what you do.
5. You speak the **TRUTH**.
6. You are **EMPATHETIC**. You look at things from different perspectives.
7. You **GIVE** without expecting to receive.
8. You love to tell a whole-hearted **STORY** of past experiences.
9. You **ACCOMMODATE** to those who reach out.
10. You offer your **STRENGTH** to others through being strong yourself.

## \*\*\*\*\* MEMBER SPOTLIGHT \*\*\*\*\*

### Kathy Cohl



Meet Kathy Cohl. Kathy joined our club just 5 months ago and her sponsor is Robin White. She was inspired to become an Altrusan, so she can help people in our local community. One of her philanthropies is the New Life Food Pantry in Pismo Beach. She would also like to become involved with raising funds for scholarships, as well as, our Literacy Program.

Here are some fun facts about Kathy:

**How long have you lived on the Central Coast** - 25 years

**What brought you here** - She and her husband loved their Morro Bay vacation home so much, they decided to move there permanently.

**Family** - Kathy's husband passed in 2022. She has two grown children, Wendy and Ryan. Wendy lives in Arroyo Grande and Ryan lives in Lompoc.

**Favorite Movie** - Hallmark holiday movies

**Favorite Book** - East of Eden by John Steinbeck

**Strengths** - Positive attitude, teaching and art skills, organizing, and problem solver

**Weaknesses** - Addicted to See's candy!

**Recent WIN** - Volunteering at the New Life Food Pantry and getting to watch each child as they choose a book from the book cart, that was donated by Altrusa and restocked often.

**Interests** - Kathy enjoys reading, walking, crafts, and artwork

**If you could be an animal** - Hard to choose. Love and respect all animals.

**What Kathy doesn't feel guilty spending money on** - Things that improve the lives of others through charitable donations.

### Cici Wynn



Meet Cici Wynn. Cici was inspired to join Altrusa from her neighbor, Juandell, a sense of sisterhood, and helping others. Her sponsor is Koni Shaff. She has served as our Foundation's Treasurer, Club Secretary, and COT Treasurer.

Here are some fun facts about Cici:

**How long have you lived on the Central Coast** - Since she was 13, 63 years ago

**What brought you here** - Her father's job in 1961. He was a truck driver and worked hauling large rocks for the Santa Maria riverbed.

**Family** - Cici's immediate family members are her husband, Alex, daughters, Heidi and Nicole, stepson, Terry, and grandchildren, Cathy, Ella, Madelyn, Milo, Lyon, and William.

**Favorite Movie** - 'Raintree County' with Montgomery Cliff and Elizabeth Taylor

**Favorite Book** - Books that tell of the heroics of women during both World Wars. Examples are 'Code Name Verify' and 'Rose Under Fire', both by Elizabeth Wein

**Strengths** - Leadership skills, neat, organized, friendly, people person, calm under pressure

**Weaknesses** - Volunteers too often, can't say no

**Recent WIN** - Selling my home and moving

**Interests** - All sorts of crafting, the theatre, concerts, games, and cards

**If you could be an animal** - an elephant

**What Cici doesn't feel guilty spending money on** - Her appearance: haircuts, manicures, pedicures, and good skin care products/makeup.

## CAPSLO/Food Deliveries

Member, Teena Colebrook, is a volunteer for CAPSLO, and provides 100's of pounds of donated food from Costco, Trader Joe's, and Whole Foods weekly to help with meal serving and preparation at 40 Prado Homeless Services Center.



### Mission Statement

Community Action Partnership of San Luis Obispo County addresses the causes of poverty, empowering low-income people to achieve self-sufficiency through community-based collaborations and programs.

### Vision Statement

Creating communities where all people have equal opportunities to achieve self-sufficiency.

### The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



Teena delivers flowers to local nursing homes

## Captive Hearts

Our Club recently donated an espresso machine to Leeann Smith of Captive Hearts. Their ministry provides a safe, structured living environment for women, as they break free from compulsive/destructive behaviors caused by trauma, various addictions, human trafficking, and domestic violence. We do weekly food pickups/deliveries through Cal Fresh in Pismo Beach to help Captive Hearts continue their mission.



Members, (from left to right), Jo-Anne Zubiri, Margaret Walker, Judy Sorensen, Edna Tinsley, Koni Shaff, Becky Lorenzo, District 11 Governor/Club member, April Smith, and Beth Lorenzo in attendance at Captive Hearts Annual Fundraiser.



Club member, Edna Tinsley with Co-CEO and Program Director, Leeann Smith



## Days For Girls/Keeping Girls in School

Our Club has been supporting Stella and her Foundation for the past 7 years in Uganda, as part of an International project. We have come together to provide girls and women in the world with essential health education, sustainable and affordable feminine products, break the silence of shame, and change the narrative to one of celebration and pride. Days for Girls envision a world where girls can attend school, pursue opportunities, and succeed even when they have their periods.



Member, Raine Ross, visited Stella, while on vacation with her husband in Africa. Stella was so grateful for everything that Altrusa has been able to provide her, and the girls that she serves. Our club's Foundation has made it possible for everyone there, to have hope, as well as, feeling included, and able to stand strong.



Day for Girls Packing Day last November. Pictured from left to right, Debbie Volz, Judy Sorensen, Cici Wynn, and Koni Shaff Looking forward to helping this year!

Pictured at the right, are some pieces of jewelry that Stella and her girls make, to help raise money for chicken feed, so they could start laying eggs.



## LITERACY NEWS

### Koni Shaff/Jo-Ann Zubiri: Co-Chairs

- **Book Donations:**

Member, Kathy Cohl & friends, donated 32 gently used & new children's books for New Life U-Pick Pantry...thank you Kathy! Member, Edna Tinsley & friends donated approximately 30 used adult books which were distributed to the Veterans Clinic...thank you Edna! Also, member, Koni Shaff, donated 10 coloring/activity books with markers & crayon packets and 28 children's books, which will be distributed to Oceano Community Health Clinic...thank you Koni!

- **Oceano Library:**

The library's 1st year anniversary @ their new location is on Saturday, October 19th. We will be providing cookies and reading and/or distributing "May I Have a Cookie" bilingual books. Mark your calendars!

- **Grover Beach Library Book Sale:**

Our club will be participating once again with Grover Beach Community Library's Book Sale on Saturday, October 12th. We will be helping with set-up & cleanup. Hope you can come out and support the library.

- **South County Youth Coalition:**

SCYC will be hosting a **FALL into FUN** series this coming month for school aged kids. It's going to be a 3 week series focusing on various topics. Our club will be providing books to the kids and their caregivers.

- **Book Distributions:**

Continue distributing new children's books to Oceano CHC and used children's books, as well as, used adult books to New Life U-Pick Pantry.

- Continue distributing new and used adult books to community (5CHC, Prado shelter, Veterans Clinics, Senior Convalescent Homes, Grover Beach Library or Friends of the Library).

- **Recommendations/Issues to be considered:**

Meeting with local libraries to discuss future projects (book readings/give-away, craft projects)



## New Life U-Pick Pantry Book Delivery

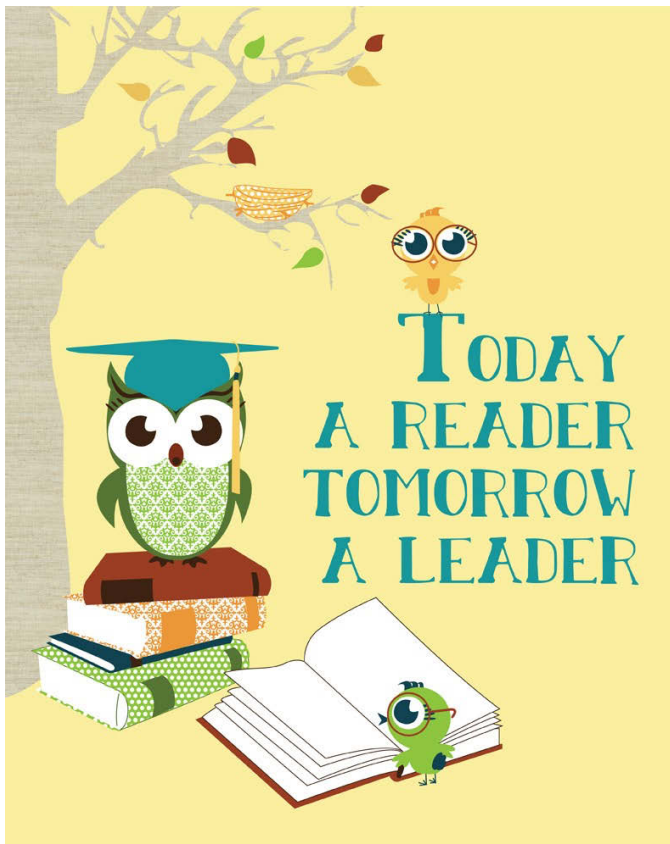
New and gently used children's books delivered to New Life Pantry for Altrusa's library cart. Members, Terry McDonald, Edna Tinsley, Judy Sorensen, and Koni Shaff, toured the Pantry, as they were getting ready to open.



Member, Kathy Cohl, volunteers at the Pantry. Here is a picture that she took of a little one picking out a book from the book cart.



Reading is the **KEY** to learning



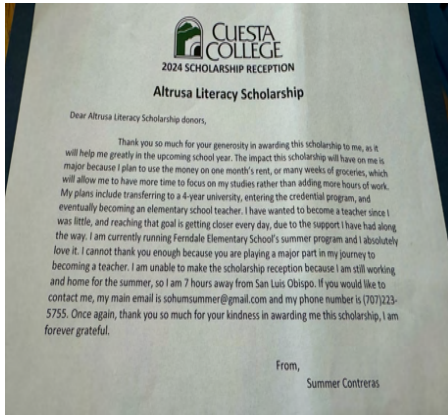
## Literacy Committee Meeting

Members, Jo-Anne Zubiri, Judy Sorensen, Terry McDonald, and Koni Shaff, met to stamp donated children's books, along with reviewing current programs and discussing new literacy project ideas.

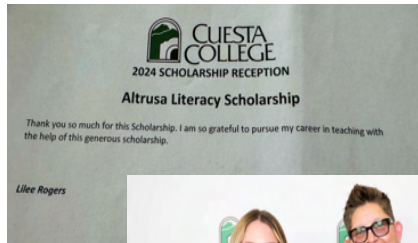


## Cuesta College Scholarship Reception

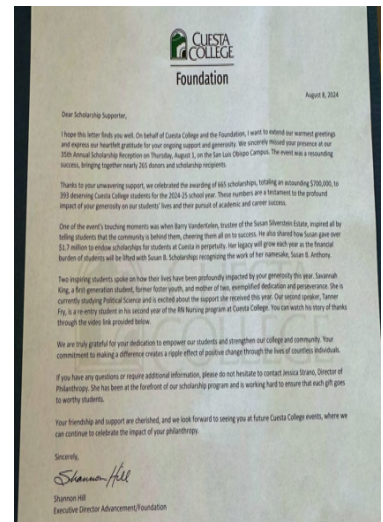
Thanks to our Foundation in supporting Literacy Scholarships for 2 Cuesta College students for the 2024-2025 school year, *Summer Contreras*, and *Lilee Rogers*. Congratulations!



Thank you letter from Scholarship recipient, Summer Contreras



Thank you letter from Scholarship recipient, Lilee Rogers. Lilee was in attendance to receive her award.



## Cal Poly Viticulture Scholarship recipients

Thanks to our member, Teena Colebrook, for submitting a grant request that was approved by our Foundation last spring, to help 3 viticulture students with financial assistance. Pictured, is Teena picking up wine for our annual fundraiser, Celebration of Trees, from the Cal Poly viticulture scholarship recipients.



## Club Committees for 2024 - 2025

### Service: Margaret Walker/Debbie Volz Co-Chairs

**5CHC - Empty Bowls** Is scheduled for October 10 at St. Patrick's Church in Arroyo Grande. We still need volunteers to work the event.

**SLO Food Bank** - Daily pickups from Costco, Trader Joe's, and Whole Foods. Deliveries to Prada CAPSLO, Oceano Food Bank and 5 Cities Food Bank. Flowers were delivered to 3 nursing homes in SLO, 12 children's books and 6 stuffed animals to Nipomo Food Bank.

Captive Hearts received 30 bars of soap and 16 pieces of new clothing. 26 school supply items were donated to Womenade, and 3 dog themed prizes to Oceano Elks for their fundraiser.

### Service (Continued)

**5 Cities Food Bank Team** - Food recovery Thurs-Sat from California Fresh and Grocery Outlet with deliveries to NLCC Pantry, 5 Cities Women's Pantry, Captive Hearts, and Casa Solana. When there is excess food, deliveries are also made to St. Pat's, Salvation Army Pantry, and a small church in Oceano. There is "no crumb left unturned" and it's a win win for all involved.

Our Committee is always looking for new service projects to partner with in our community.

### Communication: Beth Lorenzo

**Yearbook** - Melanie Hodges, our Yearbook Editor, sent out electronically to our members.

### Email Marketing - (Becky Lorenzo)

- August 28th - Sent August/September Club Newsletter to subscriber list
- Sept 4th - Sent welcome email to all subscribers (incl. past COT attendees)
- Sept 7th - Sent additional email to all club members + past COT attendees + others
- Sept 25th - Sent October Club Newsletter
- Oct 1st - COT announcement

Shared key highlights of emails and an example of reporting capabilities  
Subscribe friends/family to MailChimp(email sent on Sept 2 with suggestions)

### Communication (Continued)

#### Recommendations:

- Club Website
- Instagram

**Membership:** Committee Members will be meeting to discuss ideas/plans for hosting membership events for 2024-2025

**ASTRA:** Follow-up with committee to discuss and plan to contact school staff at Lopez HS and possibly reaching out to Nipomo HS about promoting an ASTRA Club.

### Fundraising:

Our Club's annual fundraiser is our **Celebration of Trees'** event on Saturday, November 16th at the South County Regional Center in Arroyo Grande. We are continuing to reach out to businesses in the areas of tree sponsorships, silent auction items, advertising opportunities, and ticket sales. Wine Tree tickets are now available. Contact Teena Colebrook or Koni Shaff for more info.

# Altrusa Club News

## Club Committees for 2024-2025

- **SERVICE COMMITTEE** - Margaret Walker/Debbie Volz (Co-Chairs)  
Cici Wynn, Sher Austin, Kathy Cohl, Becky Lorenzo, Connie Wood, Madelyn Koontz, Edna Tinsley, Teena Colebrook, Beth Lorenzo, Shannon Fast, Emily Fast
- **LITERACY** - Koni Shaff/Jo-Anne Zubiri (Co-Chairs)  
Kathy Cohl, Beth Lorenzo, Becky Lorenzo, Connie Wood, Judy Sorensen, Terry McDonald
- **MEMBERSHIP** - Cici Wynn, Robin White, Sally Dunbar, Alana Reynolds
- **ASTRA** - April Smith, Raine Ross, Carole Word, Becky Lorenzo, Cici Wynn
- **COMMUNICATION** - Melanie Hodges, Becky Lorenzo, Beth Lorenzo

## FOUNDATION BOARD FOR 2024-2025

President - Judy Sorensen  
Vice President - Connie Wood  
Treasurer - Melanie Hodges  
Secretary - Margaret Walker  
Past President - Koni Shaff  
Director - Jo-Anne Zubiri



Members - please report your Service hours here:



## Reminder on navigating the web...

**Where can you find more information about District Eleven?**

**[districteleven.altrusa.org](http://districteleven.altrusa.org)**

**Where can you find more information about Altrusa International?**

**[altrusa.org](http://altrusa.org)**



Saturday, October 26, 2024

**ALTRUSA INTERNATIONAL FOUNDATION OF SAN LUIS OBISPO COUNTY PRESENTS**  
**Celebration of Trees**  
**"Evergreen Dreams"**  
**Saturday November 16, 2024**  
**So. County Regional Center—Arroyo Grande, CA**

**Event Tickets \$110 (includes admission & dinner)**  
**Doors open at 5pm**

**No-Host Wine & Beer**  
**Plated Dinner & Dessert**  
**Live & Silent Auctions**  
**Holiday Tree & Vignette Drawings**  
**Century Wine Tree Drawings**  
*(separate tickets @ \$100)*

**Ticket Deadline: Monday Oct 21, 2024**  
**Advanced ticket sales ONLY**

**Purchase Tickets**  
**(805) 619-0237**  
**✉ Altrusa.sloco@gmail.com**

*Altrusa supports literacy projects in local libraries & schools, provides scholarships, & helps with veterans, the homeless & food pantries*  
**Tax ID# 77-0396494**

**Bring a new children's book in support of our Community Book Drive**  
**Check out our Amazon Wish List**








Please join us for our 15th Annual Celebration of Trees Fundraiser on Saturday, November 16, 2024

We are looking for Tree/Vignette Sponsors, as well as, Live and Silent Auction items

Help us continue our mission to serve the needs of our local community, through service and literacy