



Ocean Breeze

Altrusa of San Luis Obispo County

May 2025

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.

P.O. Box 1202
Pismo Beach, CA 93448

altrusa.sloco@gmail.com

districteleven.altrusa.org

Like us on Facebook and
Instagram @ Altrusa of San
Luis Obispo County

President's Message:

Passing of the Gavel

Greetings to my Altrusa Sisters,

As I sit down to write my final President's message, I am overwhelmed by the encouragement, support, and friendship that I have received. Reflecting on the past two years, I am filled with pride for what we have accomplished.

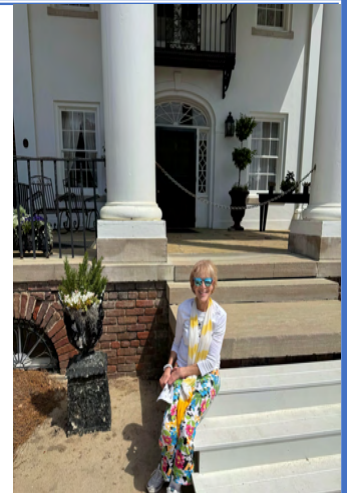
In the last two years, Altrusa of SLO County has given over 4600 books to children in our community and members have provided over 14,000 service hours. Our Club has helped local non-profit organizations and sharing with other Altrusa clubs. Many members not only belong to Altrusa, but they also volunteer their time and energy with other non-profit organizations. This is a testament to your unwavering commitment and passion each of you have for our communities.

To Cici Wynn and Robin White, the incoming Co-President's, I extend my heartfelt congratulations. I am confident that under your guidance, you will build on the Altrusa's mission. I am excited for what the future holds for Altrusa of SLO County.

Thank you for the honor of serving as your President. Although my term as President has ended, my support for Altrusa remains constant.

Together in Service,

Beth





- May 1-3** Altrusa District Eleven Conference
Handlery Hotel San Diego
- May 7** Mother's Day Craft at Oceano
Library from 3:30pm- 4:30pm
- May 10** Grover Beach Community Library
Book Sale from 9:00am - 3pm
- May 17** Talent Dreams Annual Spring
Picnic & Music event
Chamisal Vineyards 1:00 - 5:00pm
- May 18** "A Mini-Jamboree" at Camp
Arroyo Grande from
11am-4pm



MEMBER MEETINGS

May 6 - 5:30pm

COT Meeting
Coffee Bean Pismo Beach

May 13 - 5:30pm (5:00pm Social)

Business Meeting
Blacklake Community Room

May 27 - 5:30pm

COT Meeting
Coffee Bean Pismo Beach



May Birthday Wishes

- Sher Austin May 1**
- Koni Shaff May 17**
- Robin White May 20**
- Becky Lorenzo May 21**

Altrusa Accent at Upcoming Meetings

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.

ZubairRabbani.com

HELLO
May

"MAY FLOWERS ARE WHISPERS OF
LOVE FROM THE EARTH, A
REMINDER THAT BEAUTY IS ROOTED
IN EVERY MOMENT."



***** MEMBER SPOTLIGHT *****

Terry McDonald



Strengths - like people and enjoy being around them

Weaknesses - fundraising

Meet Terry McDonald. Terry has been a member since 2019 and her sponsor is April Smith. Her sister, April, inspired her to join Altrusa. Here are some fun facts about Terry:

How long have you lived on the Central Coast? Just 6 months.

What brought you here? Jesus and a new beginning.

Who are the members of your immediate family? My sister April, a daughter in Texas, a daughter and a son living in Taft, and a grandson.

What is your favorite movie and why? "Twister" because of the storyline.

What is your favorite book and why? The Bible. It gives me life and all the promises in it.

What do you not feel guilty spending money on? I enjoy spending money on other people.

Share a recent WIN in your life - Moving back to California

What are your interests? I enjoy shopping and visiting the elderly.

If you could be an animal, what would it be and why? A frog. It would **F** -fully, **R** - rely, **O** - on, **G** - God

Koni Shaff



Strengths - enthusiastic, engage with people and projects, good team player, lots of experience as a 27 year member of Altrusa

Weaknesses - delegation and waiting to the last minute

Meet Koni Shaff. Koni has been a member since 1997 and her sponsor was Karen Franks. She was inspired to join Altrusa after attending a Christmas Food Basket/Delivery. Joined the next day. In it for service to the community. Here are some fun facts about Koni:

How long have you lived on the Central Coast? For 47 years.

What brought you here? We were assigned to Vandenberg AFB in 1975; assigned to Hickam AFB in Hawaii from 1983-1986, then final assignment back to Vandenberg AFB. The Central Coast is our home.

Who are the members of your immediate family? Husband David of 51 years in July, and furry children, Buddy and Beau (Persian cats). My Dad, sister Kay and her children, Melissa & Sonny, plus 3 great-nephews & one niece. They all live in Arizona.

What is your favorite movie and why? I like movies that me laugh, cry, and think. I'm partial to animation, anything with animals, and Hallmark Christmas movies.

"Bringing up Baby" is a great older movie, & I'm excited about a new Star Trek movie.

What is your favorite book and why? I enjoy fantasy where I'm taken away to other worlds, books that include characters you care about, and include a bit of history. Robert Ludlum is my favorite spy/suspense author.

What do you not feel guilty spending money? I never regret spending money on pickleball, card crafting, and time spent with my monthly crafting buddies. Also visiting family and going on family trips.

Share a recent WIN in your life - Took on the role as District Liason to International Altrusa Foundation, and in charge of fundraising and survived!

If you could be an animal, what would it be and why? I have 3 animals. An elephant because they are matriarchal with their young and have long memories. A tiger because of their strength and grace. An eagle because who doesn't want to fly.

What are your interests? Card making, scrapbooking, travel, visiting family, reading, and pickleball

Helping out our local teachers

Thanks to our Foundation for helping Mrs. Rodriguez's class at Dorothea Lange Elementary School in Nipomo with her project to enhance her classroom library with new fiction books for her 4-6 grade students.



Dear Elizabeth Lorenzo,

I am writing to express my heartfelt gratitude for your generous donation to our classroom library. Thanks to your support, we were able to purchase some amazing books that have already had a wonderful impact on my students.

They were absolutely thrilled to receive the new books, especially since many of them are continuing series they've already been reading. The excitement in the classroom is contagious as they eagerly dive into each new installment, and it has been truly rewarding to see their enthusiasm for reading grow.

Additionally, many of my students are enjoying the experience of hearing these books read aloud, and it has become a special part of our day as we get lost in the fictional worlds together. Your contribution is making a real difference in fostering a love for reading and learning in our classroom, and I can't thank you enough for making this possible.

With gratitude,
Mrs. Rodriguez

Our contribution will help foster a love of reading, support diverse perspectives, and build academic success.



Love seeing the smiles and excitement on the students' faces.

South County Youth Coalition

Thanks to our Foundation for awarding funds to support SCYC's Learning Pod Series. Our Club was able to purchase new Spanish children's books for their parent participation style learning pod series.



So many smiles from parents and children as they received book bags that included topics such as, Art, Movement, Sensory Play, Yoga, Music, Nutrition, and more.



LITERACY NEWS

Koni Shaff/Jo-Ann Zubiri: Co-Chairs

- **Book Donations:**

We are always looking for new and used children's books. These books would then be distributed to locations within our community. Let us know if you can help.

- **Book Distributions:**

Continued 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.

- Continued 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 and schools to discuss future projects (book readings/give-away, craft projects)

Provided Decodable Book Sets to a Local Teacher at Grover Beach Elementary



Ms. Nerney's kids
enjoying the LOVE of
Reading

Dear Elizabeth Lorenzo,

Our class is thrilled to be receiving the tools we need to grow as readers. We have set our reading goals and can now put the skills to the test! Your contribution will go a long way, serving students not just in this year's class, but in my future groups of first graders.

With gratitude,
Ms. Nerney



Decodable book sets
give each student
opportunities to
practice using context
clues to understand
what they read and
help build vocabulary.

Altrusa Accent



Altrusa International District Eleven Conference

May 1 – 3

San Diego, CA

**69th Altrusa International
District Eleven Conference**



**Handlery Hotel, San Diego, CA
May 1-3, 2025**

Ways to Give to Altrusa International Foundation

Unable to attend District Conference? Altrusans can still support the Foundation!

Donors can give to the Foundation using the following methods:

1. By Mail: Altrusa International Foundation, Inc., 1400 E. Touhy Ave. Suite 410, Des Plaines, IL 60018
2. Online (credit cards and PayPal): foundation.altrusa.org/donate/
3. Zelle: send to foundation@altrusa.org
4. Text to Give: Text "AltrusaFdn" to 41-444
5. Scan the QR code
6. Questions? Contact 2nd Vice Governor Koni Shaff: konster.monster@comcast.net; 805-570-8417



SCAN TO GIVE

Club member, Koni Shaff, shared about our upcoming District Eleven Conference and the effort to raise money for the Altrusa International Foundation.

Becky Lorenzo shared the Inspiration at our last meeting. Hope you enjoy it.

THE STORY OF LIFE

Sometimes people come into your life and you know right away that they were meant to be there, to serve some sort of purpose, teach you a lesson, or to help you figure out who you are or who you want to become. You never know who these people may be (possibly your roommate, neighbor, coworker, longlost friend, lover, or even a complete stranger) but when you lock eyes with them, you know at that very moment that they will affect your life in some profound way.

And sometimes things happen to you that may seem horrible, painful, and unfair at first, but in reflection you find that without overcoming those obstacles you would have never realized your potential, strength, willpower, or heart.

Everything happens for a reason. Nothing happens by chance or by means of luck. Illness, injury, love, lost moments of true greatness, and sheer stupidity all occur to test the limits of your soul. Without these small tests, whatever they may be, life would be like a smoothly paved, straight, flat road to nowhere. It would be safe and comfortable, but dull and utterly pointless.

The people you meet who affect your life, and the success and downfalls you experience help to create who you become. Even the bad experiences can be learned from. In fact, they are probably the most poignant and important ones. If someone hurts you, betrays you, or breaks your heart, forgive them, for they have helped you learn about trust and the importance of being cautious when you open your heart. If someone loves you, love them back unconditionally, not only because they love you, but because in a way, they are teaching you to love and how to open your heart and eyes to things.

Make every day count!!! Appreciate every moment and take from those moments everything that you possibly can for you may never be able to experience it again. Talk to people that you have never talked to before, and actually listen. Let yourself fall in love, break free, and set your sights high. Hold your head up because you have every right to. Tell yourself you are a great individual and believe in yourself, for if you don't believe in yourself, it will be hard for others to believe in you. You can make of your life anything you wish. Create your own life then go out and live it with absolutely no regrets.

Stella Foundation/Keeping Girls in School Update from Africa

Our Club always looks forward to hearing from Stella Kyoziira, of the Stella Foundation about the wonderful work that is happening in Africa.

Their chicken project is in full swing.

Hello everyone,

Hope you're doing well over that side of the world.

We are doing great too this side.

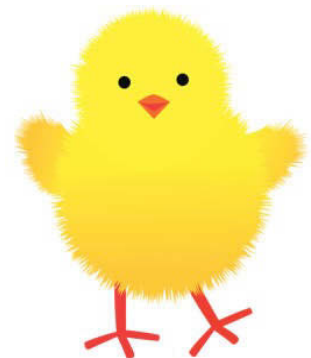
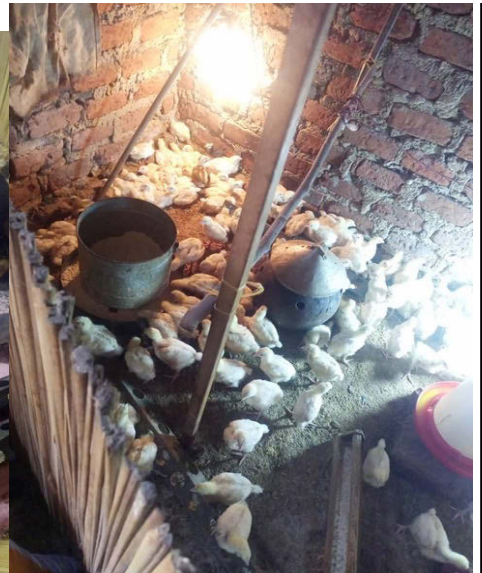
Have shared some photos from our chicken project both the broiler chickens and the layer chickens.

Thank you so much for the love and support towards Stella Foundation, we rilly appreciate it and never take it for granted.

Lots of love from this side.

Stay blessed.

Stella.



Club Committees for 2024 - 2025

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

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.

5 Cities Food Bank Team - Food recovery Thurs-Sat from California Fresh Market 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 at St. Pat's, Salvation Army Pantry, and a small church in Oceano.



We have several service projects coming up, as well as, some new ones that we will be exploring in the next few months. We are always looking for volunteers to help us. If interested, email us at altrusa.sloco@gmail.com, message us on our Facebook page, or talk to one of our Altrusa members.



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

Communication: Beth Lorenzo

Email Marketing - (Becky Lorenzo)

- Continue to subscribe friends/family to MailChimp
 - Our Instagram is now up and running. Consider following us @ altrusaofslocounty
- Recommendations:

- Club Website

Membership:

More details coming in the next few months about plans for our next event.

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.

Mark your calendars...
More details to follow
soon!



Save the Date
Saturday November 15, 2025

ALTRUSA INT'L FOUNDATION OF SAN LUIS OBISPO COUNTY PRESENTS:

Celebration of Trees

South County Regional Center — Arroyo Grande, CA

Holiday Tree & Vignette Drawings

Live & Silent Auctions

Wine Tree

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

Hello, fellow Altrusans!

This fiscal year's dues due date is quickly approaching.... **May 15th**. To avoid the late fee, please pay your \$100 dues by one of these methods:

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

Venmo to @Altrusa-SanLuisObispo

Paypal to altrusa.sloco@gmail.com

Mail a check directly to me at

Raine Ross

[947 Noyes Rd.](#)

Altrusa San Luis Obispo

@Altrusa-SanLuisObispo



@Altrusa-SanLuisObispo

Members - please report your Service hours here:



Reminder on navigating the web...

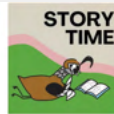
Where can you find more information about District Eleven?

districteleven.altrusa.org

Where can you find more information about Altrusa International?

altrusa.org

Coming up this month...



Preschool Storytime/Hora de cuentos bilingüe

Thursday, May 1, 2025 at 11:30am - 12:00pm
Oceano Library

Program Type: Storytime & Early Learning
Age Group: Children, Preschool

Storytime: Learning is fun at our lively Storytime! Join us for books, songs, and a lot of wiggling. All children are welcome! Can't make it to Storytime? Check out our favorite Storytime books...



Oaks & Acorns as a Staple Food

Saturday, May 3, 2025 at 11:00am - 12:00pm
Oceano Library

Program Type: Science & Nature, Sustainability
Age Group: Adult



Make Your Own Ice Cream/ Aprende Hacer Helado

Saturday, May 3, 2025 at 3:00pm - 4:00pm
Oceano Library

Program Type: Kids Activities, Family Activities
Age Group: Preschool, School Age



Book Sale - Saturday, May 10
from 9am - 3pm



Mother's Day Crafts/ Manualidades

Wednesday, May 7, 2025 at 3:30pm - 4:30pm

Oceano Library

Program Type: Art & Culture, Craft & Design
Age Group: All Ages



About TalentDreams

TalentDreams is an online mentoring platform that connects Dreamers (ages 15-22), with Champions. This is provided free of charge to our Members. We're a 501(c)(3) nonprofit and all donations are tax-deductible.

Our mission is to inspire, enrich, and mentor young people so they can discover, embrace, and express their Talent and pursue their Dreams.

At TalentDreams, we believe that community and purpose play a key role in a young person's life, and that having access to mentors can make a huge difference in the lives and development of our youth and young adults. Particularly those tackling the challenges, trials, and tribulations adolescence and early adulthood can often bring.

Through our mission, we strive to empower the youth of our community to tap into their potential and develop the confidence and skills to become the leaders they're meant to be.

You can learn more here: www.TalentDreams.org

The difference of mentorship for youth

130%

Young adults who have a mentor are 130% more likely to hold leadership positions.

76%

In one program, 76% of high-risk youth with mentors successfully graduated from high school compared to just 40% without a mentor.

89%

89% of people who have been mentored will go on to become a mentor themselves (which is how TalentDreams was started).

1 in 3

Young people surveyed did not have a mentor growing up. Help us change that!